



Press Photo Agent

University students, showing the health and beauty of young Indian womanhood, visiting England's Queen at Buckingham Palace, London.

EATING FOR HEALTH

BY

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FOREWORD

To A very great degree, "~~we are what we eat.~~" It is evident that we cannot live long without food, but not so evident that what, when, how, and under what circumstances we eat have much to do with how well and how long we live.

The millions of thin and weak bodies we see everywhere about us, not only among the very poor but also among the well-to-do, prove that under-nourishment is a wide-spread evil. The germs of disease prey upon weak bodies; strong bodies are able to resist them. And in proper food, properly prepared and eaten, lies our source of strength.

This book is a veritable mine of valuable information on the scientific properties of foods, their effect on the body and mind, and the best methods of getting them ready for use in building up a healthy body and curing disease. It has been written especially to fit eating conditions in the tropics and the East, by a well-known physician with three decades of experience with diets in India. It is adapted to both Indian and European foods; and its many practical recipes may be easily and inexpensively followed. We believe its message will fill a long-felt need with every one who eats and wants to be in health.

THE PUBLISHERS.

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EATING FOR HEALTH

DURING the past twenty-five years a real science of foods, or of nutrition, has developed. Out of extensive research and observation, definite food facts are recognized. Much positive information is on record showing the relation to health and disease of various foods, their preparation, and the way they are eaten.

Diet is being recognized as the most important single factor for promoting either health or disease.

If you are accustomed to three meals daily, you are having 1095 meals during the year; probably you also add 365 teas, and as many *chhota haziries*. Then there are drinks and cocktails. Sweets are often taken between meals.

All this represents an average of at least 1342 hours spent at actual eating. A much longer time is occupied in attempting to digest what has been eaten. On the basis of a six-hour working day, it means that more than the equivalent of half a working year is occupied at meals. This in itself must convince almost any one that eating, more than anything else perhaps, determines what and how we are.

In preparing a general work on nutrition for popular reading, it becomes necessary to reduce scientific terminology into the simpler language of everyday conversation. We are attempting this task by bringing together the findings and recommendations from the world's leading research centres and nutrition authorities as published in reports, bulletins, books, journals, magazines, and other forms. Much of the most helpful material has been laid under contribution for this purpose.

The original feature in this treatment consists of the arrangement and language in which this material is here presented.

We have also attempted to compile a cross section of Indian food practices. For this purpose we have drawn upon our Indian friends, and the few available publications on the subject of Hindu and Moham medan foods.

The recipes of Indian dishes have been gleaned from various sources. They are believed to represent a fair example of India's daily food preparations. It is these foods, the methods by which they are usually prepared and the meals they provide, that require some readjusting so as to add lacking elements, to modify certain cooking methods, and ensure compatibility of foods taken at any given meal.

Certain diet errors, responsible for many minor and serious ailments, are very common practices. This book is prepared with the hope that it will meet a need as a guide to more correct eating for all members of the family.

WHAT SHOULD WE EAT?

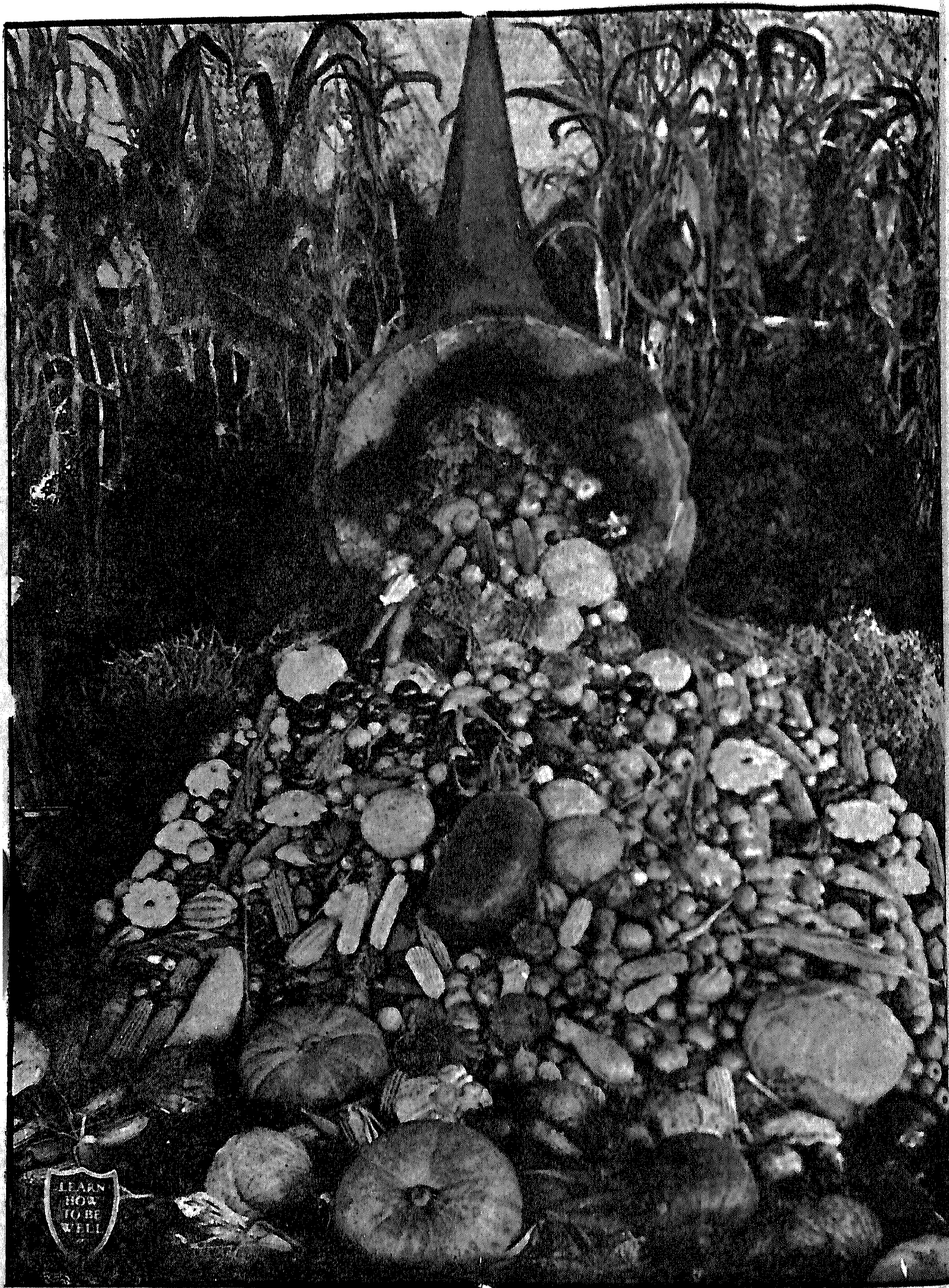
IT WAS the great Sir William Osler who gave as his opinion that, aside from infections and accidents, 90 per cent of the remaining illness and death is due to food faults.

At the very beginning, in considering what we should eat, I shall refer to Sir Robert McCarrison's prime nutritional law, which reads: "The right kind of food is the most important single factor in the promotion of health; and the wrong kind of food is the most important single factor in the promotion of disease."

Undoubtedly one of the really difficult problems for the present generation is that so much of our food no longer reaches us from the field, garden, or orchard in the normal state as nature prepared it to meet man's nutritional needs. Such foods are now very largely collected and taken to the large commercial centres, where they are altered, treated, processed, coloured, sulphurated, embalmed, adulterated, preserved, pickled, denatured, cooked, sterilized, pasteurized, deprived of their most vital elements; and whatever is left which will stand long transportation and keep indefinitely,—this is sold to us in place of the original thing which nature organized as food. Such denatured substances are no longer good food materials, and will not satisfactorily substitute for natural food.

The eating process is definitely designed to meet certain recurring physical needs brought about through loss of body substance in almost exact daily proportion. Therefore our eating practices should be governed by the

EATING FOR HEALTH



Nature provides bounteously for a vegetarian diet.

nature of these lost substances and need for replacements. Food, to be real food, must provide suitably for these necessities. But a great transformation must take place before these food materials become part of our living bodies.

We shall first attempt in an easy manner to familiarize ourselves with the several materials of which our bodies are composed. Let us try to visualize these as the chemist recognizes them after animal or man has been reduced to the elements of earth from which he was organized.

If we placed these materials on a table there would be: Eight pounds of lime or calcium; four pounds of charcoal, or carbon; one teacupful table salt; one teacupful assorted minerals, as phosphorus, potassium, sulphur, chlorine, magnesium, manganese, etc.; a small bit of iron; a few drops of iodine; traces of gold, silver, aluminium, and other rare metals; four pails of water.

Not much to look at, and when these minerals are dissolved in the water, we get the impression that man, unorganized, is a very dirty solution.

As gold and silver are necessary for maintaining commercial life, so are iron, copper, calcium, phosphorus, iodine, and the other minerals necessary to maintain the organic community life of the human frame.

In addition to these essential minerals, there must be a small quantity of some eighteen other building materials known as amino-acids, which cannot be obtained in a free state, and must, therefore, be derived from organized protein, or leafy, vegetable foods; also six or more less tangible substances called vitamins.

Other food articles are fat for padding, cushioning, and insulating, and carbohydrates consisting of starch and

sugar for producing heat and force to operate the human machine.

These are the food substances out of which the body is built and by means of which it is maintained in health and repair.

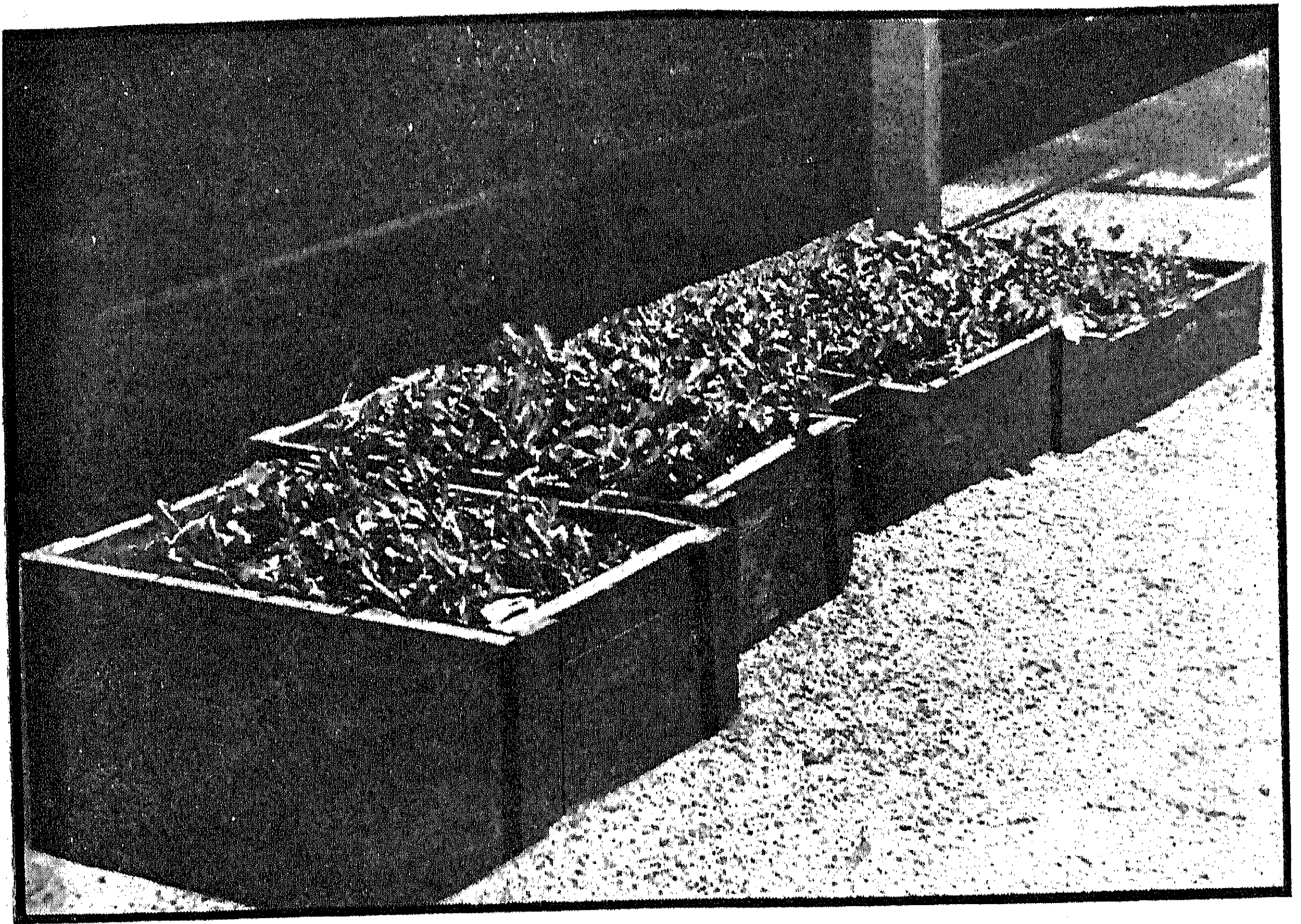
The difference between this crude collection of bazaar materials, as we have arranged them on the table and organized, living man is brought about by the operation of a vital force which converts the inorganic into the organic, first converting these into the organic colloids of plant life, then into the higher organization of man.

This living principle is the indispensable something without which there can be no organization either of plant, animal, or man. It builds our foods into living tissues. We cannot maintain continued existence without it. So far as science can discover, this vital force must be obtained from food in which it has not been destroyed either by milling, polishing, cooking, preserving, or any other life-destroying process. We need some living, vital life-giving food daily.

A fitting simile is the familiar motor-car battery which, through service, is discharged and if not recharged becomes useless. So, likewise, the cell batteries of our bodies must be recharged with vitalizing current from foods in which it still resides. This is distinct from the other organic nutritional elements.

For this reason we are being so strongly urged by nutritional authorities to include some kind of fresh, raw, uncooked fruit or vegetables in our daily diet.

The question will undoubtedly arise, How is one to provide fresh, raw, salad vegetables during all the year in India? I recognize the real difficulty, and have a partial remedy to suggest. During the really scarce time of year, it is possible to have fresh, homegrown, leafy



The doctor's "box farm." In this way any one can have tender leaves the year round.

vegetables by growing these vegetables in a series of boxes. These boxes are to be seeded at such intervals as to provide a constant supply of tender, leafy salad at the desirable stage. Do not wait for the leaves to mature, but use while still young and tender.

IMPORTANCE OF REMINERALIZING THE SOIL

The vital energies so essential for operation of the human body are mostly derived from our foods. The food must obtain them from the mineral content of the soil in which the food is grown. If the soil has not been correctly replenished by a well-balanced fertilizer, then the food grown in that soil will be deficient as a source of vital energy. It may look like a carrot, or spinach,

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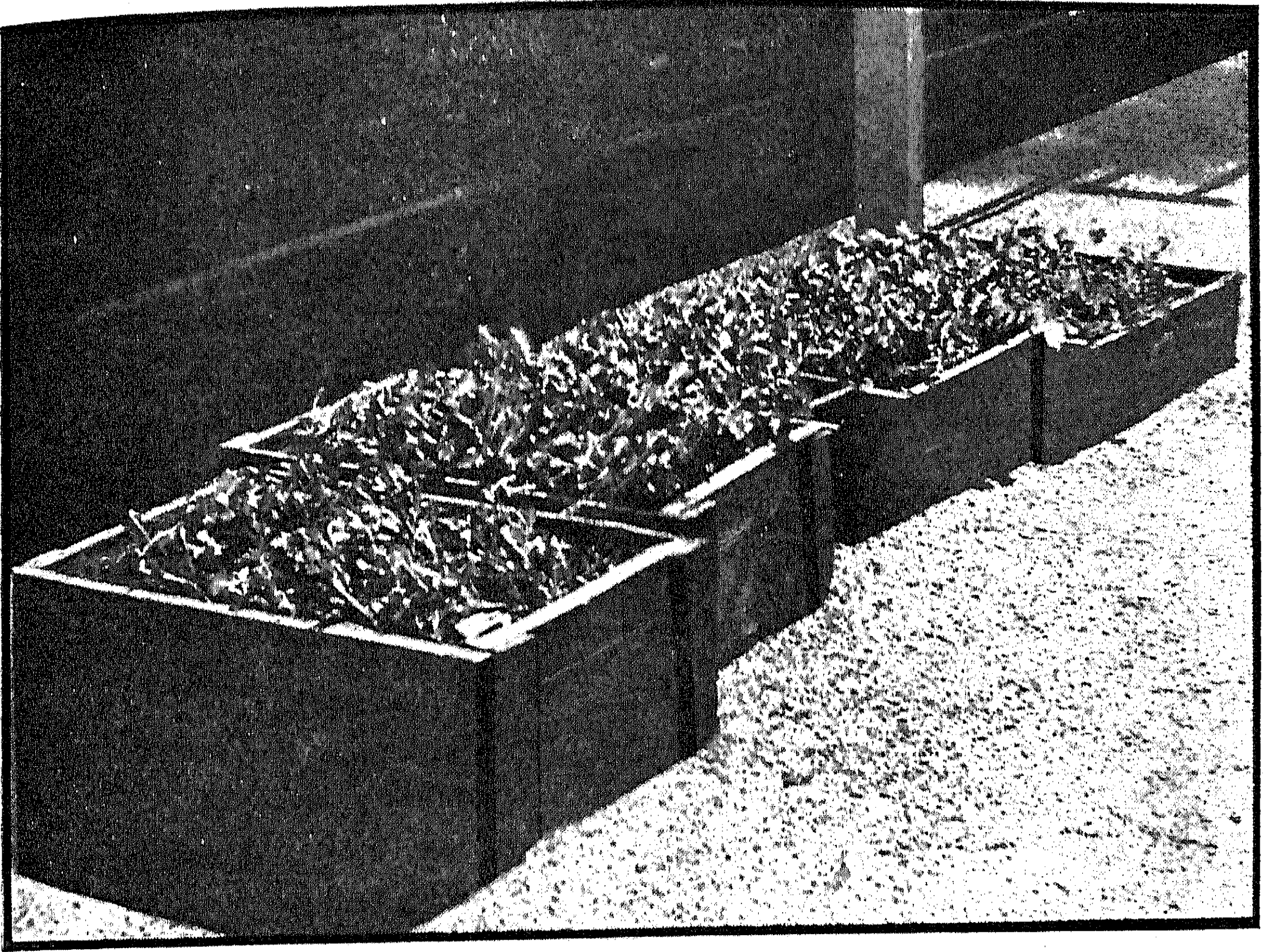
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or cabbage, or rice, or wheat, but still lack in the normal constituents which such a food should contain or provide.

Foods grown in different parts of the country with differing soil conditions, will be quite different in energy values, although they may look exactly alike. This matter of correct soil nutrition, or fertilizing, needs to be much better understood in India than it is at present. Your box or garden grown vegetables, under correct mineral treatment of the soil, can serve you as a health builder and a life preserver. Write to the Government Agricultural Department for information about correct fertilizer for your soil requirement.

Let us now go back to the first part of McCarrison's law, and inquire what constitutes the right kind of food and how it is obtained.

This is best answered by outlining a daily, balanced ration in a convenient formula comprehending everything necessary for satisfactory nutrition, for maintaining life, growth, health, resistance to infections, and reproduction. This outline is based on normal health requirements, and would need to be modified in abnormal health.

Such a balanced daily ration would need to contain approximately the following articles and quantities. Please note carefully the different items of this food grouping:

One-half to one seer milk.

One kind of fresh, ripe, uncooked, seasonable fruit.

One uncooked, fresh, green, leafy vegetable.

Two water-cooked (preferably steamed), green, leafy vegetables.

One cooked tuber vegetable.

Eight ounces of bread or *chapaties*, made of whole-wheat, unsifted, unprocessed, and if possible home-milled flour.

Two ounces fat in the form of either cream, butter, *ghee*, or oil.

Four ounces of one kind of complete protein food, selected from one of the following sources, according to individual preference or religious custom: Curd of milk, cheese, soya beans, nuts, eggs; or for non-vegetarians, fish, fowl, or meat.

These foods may be divided into two or three daily meals as desired.

There is little danger of overeating of fruit and green vegetables. The more of these the better. The remaining foods of this group are different, and need to be kept within the indicated quantity, otherwise they are apt to produce various problems.

If *dal* constitutes an important source for the protein factor, then it is essential that a liberal quantity of milk or green, leafy vegetables be added to compensate for the deficiency of the protein in *dal*.

The essentials of any sound diet as shown by Sir Robert McCarrison are milk, fresh raw fruits, and green vegetables. If these are habitually lacking, there is real danger; if they constitute an abundant part of the regular diet, they provide for safety.

What we have here suggested as essential foods, represent the normal requirements of every human being. It is a sad fact that there are many millions who, from poverty, depression, or other reasons, are receiving only part of the foods listed. This does not alter the facts of nutritional and health requirements.

We must continue by co-operative, constructive, and educational efforts to improve the conditions of mankind until the actual nutritional necessities for life and health are known and available to all.



Courtesy Indian State Railways

Proper food has much to do with developing stalwart manhood.

NATURAL FOOD

IN FORMER times, before the age of indigestion, acidosis, refined processed foods, and deficiency diseases, man ate his food in a more natural state as provided by orchard, field, and garden. When thus eaten in its natural state, food, as assembled and organized in the growing process, contained all the wonderful sixteen minerals, seven vitamins, and whatever else is necessary to life and health.

Nature still prepares her food in the same old way. There has been no change. Man removes essential factors from his food, becomes ill in consequence, and then he tries to make up for the removed factors by eating and drinking synthetic vitamins, inorganic minerals, wheat germs at fancy prices, and bran by the tablespoonful. How perfectly absurd the whole process! Why do we allow ourselves to be made into such guinea-pigs?

It should always be remembered that health is nothing else than a body containing and receiving every necessary factor from food, drink, and air. Such a body is in a state of health. When food, drink, or air fail to supply one or several of the essential body elements, that body is deficient. The degree of deficiency and its duration determine the extent of the body's disease.

Health is a state of body, not something supplied as medicine, treatment, or by any other means. The one certain way of producing and maintaining the normal health state is to provide the foods as nature prepares them for the purpose of satisfactory body building, functioning, and repair.

As chairman to an ordinary meeting of the Royal Society of Arts, Sir Maurice Healey stated: "We are

gradually coming to the conclusion that the relation between soul and body is perhaps a little more intimate than has formerly been recognized. We are beginning to realize, too, that our souls do not benefit from causing discomfort to other people's bodies, nor indeed from causing a primary discomfort to our own. In all things, balance and moderation are the key-note—it is impossible for the mental and spiritual parts of man to fulfil their appointed purposes if we neglect the third and very important part—our body.”—*Journal of the Royal Society of Arts, Dec. 24, 1937, p. 133.*

BALANCING THE DIET

There is a biological way of eating even the right kind of food. As Sir Maurice states, “Balance and moderation are the key-note.” This is constantly being emphasized by every advance in nutritional study. For physical and mental soundness there must be balance in the several essential food elements.

The proportional requirement of the daily food provision for an adult person as advocated by the more progressive students of nutrition is 10 per cent protein, 10 per cent fat, 40 per cent carbohydrate, and 40 per cent vegetables and fruits; also bran and agar-agar puddings for roughage and bulk.

Protein. Protein is one of the essential food elements; but the amount needed being comparatively small, there is little danger of deficiency, the important matter being to obtain a satisfactory quality. This, for India, is best provided by milk, milk curds, an egg, an ounce of soya beans, or a small handful of nuts. Any of these, if eaten as part of otherwise satisfactory meatless meals, will supply a good quality protein. Observation has shown that even the potato, cabbage, beet, parsnip, carrot,



They took the prize for the healthiest boy and girl in the United States. We may be sure they had a wholesome diet.

and pumpkin contain a substantial amount of good quality protein.

If the varying fuel requirement for heat and energy is provided by ample carbohydrates and fats, then the protein requirement remains quite uniform regardless of the type of work. Dr. Rose says:

“Muscles do not ‘break down’ in exercise; rather they tend to ‘build up,’ or increase in size and strength, and thus to store protein in their own structure rather than use up what they have. Accordingly, the actual requirement for protein in the diet is comparatively independent of the amount of physical exertion, and remains fairly constant, whether the individual be leading a sedentary life in an office, or the strenuous life of an out-door worker.”—“*Feeding the Family*,” p. 70.

On the other hand, the need for fuel foods, as carbohydrates and fats, will vary with the kind and amount of work being done.

For a non-vegetarian it is advisable to adopt the practice of limiting the quantity of animal protein foods (meat, fish, fowl, eggs) to not more than four ounces altogether, daily.

Vegetarians who derive their proteins from pulses (*dal*, beans, lentils) should not exceed four ounces daily, but should add to this about two ounces of milk curd or egg, and a liberal supply of green leafy vegetables. Four or possibly five ounces is all the *dal* that can actually be digested daily. Any excess above this quantity produces trouble in the digestive canal, and depletes the body of reserve alkalines.

Another fact about protein foods is that they require vitamins A and B for their digestion. Therefore a liberal supply of green leafy vegetables, some of them raw, is required. The more protein food taken, the more green leafy vegetables are required. Most people are deficient in their use of green vegetables as compared to their protein consumption.

Other sources of high quality protein are freshly laid eggs, cheese, and milk curds. Nuts are not an exclusive protein, but they contain sufficient of this nitroge-

nous material to make a substantial contribution toward the protein requirement.

Carbohydrates. Farinaceous or starchy foods, as rice, *chapaties*, *ragi*, *cholam*, maize, oats, potatoes, and macaroni, are designed by nature as stores of latent heat available for use after these foods have been transformed by the digestive process into a more easily oxidizable form of carbohydrate.

A normal limited body temperature (derived from farinaceous or carbohydrate foods) indicates a limited requirement for heat-producing foods in the daily diet. According to the more liberal diet schedules, ten to twelve ounces of carbohydrate food a day would represent an ample ration for the average-sized individual. Less of this type of food, with proportionate increase of vegetables and fruits, would probably be of definite advantage for persons of sedentary life.

Cereal starches are undoubtedly a good source for heat calories, but it is also recognized that they leave a greater amount of acid ash than any other class of foods oxidized within the body. Therefore a warning must be sounded against over-liberality in their use.

McCarrison states ("Food," p. 39), "When there is too much carbohydrate in the food, which is a very common fault of Indian diets, a lot is left over in the intestine, where it ferments and produces gas and irritating acids."

Digestive efficiency will be encouraged by selecting only one kind of concentrated starchy food to be taken with any meal. It is not advisable to take bread and rice, or bread and macaroni, or bread and potatoes, at the same meal. Either one of these concentrated starchy foods is sufficient when taken as part of the meal together



Cabbages are fit for kings and commons, as they contain some of the most important vitamins.

with other food, as leafy vegetables, *dal*, or tuber vegetables, and milk.

Fats. Such fats as cream, butter, *ghee*, or oils may constitute two ounces of the total for carbohydrates and fats. Butter is the best form of fat.

VITAMINS

SCIENCE has been making discoveries of fundamentals essential for human progress. Nothing in this wealth of discoveries has been more spectacular than isolating those food factors to which has been given the name, "vitamin." The factor or factors called vitamins A, B, C, D, E, really mean that certain particular types of food have the property of promoting normal organic functioning and of helping to restore the health state when we are ill. They are able to do this better than anything else known to us in the whole medical pharmacopoeia.

Foods that supply these indispensable factors must be provided in ample quantity. They are chiefly as follows:

Vitamin A is obtained from butter, cream, green vegetables, carrots, and tomatoes.

Vitamin B, from fruit juices, green vegetables, bran, yeast.

Vitamin C, from fresh fruit and vegetables, tomato, turnip, cabbage. To make certain of obtaining sufficient vitamin C, it is advisable frequently to provide orange or tomato at suitable times.

Vitamin D, from butter, green vegetables, and from exposing the skin of the body to sun rays.

Vitamin E, from most foods, but particularly wheat germ.

Mineral and vitamin balance will be assured if fresh fruit and vegetables with milk constitute a liberal part of the daily food intake.

Nature has so arranged the minerals in organic combination, that it is only necessary to make certain of providing foods rich in calcium (milk), phosphorus (spinach, egg yolk, or pulses), and iron (green leafy vegetables), to ensure including all the other required

Natural Foods Suitable for the Average Person			
FRUITS			
Gooseberries	Bananas	Lemons	Nectarines
Strawberries	Peaches	Grapes	Grapefruit
Pomegranates	Prunes	Pineapples	Apricots
Huckleberries	Plums	Limes	Blueberries
Blackberries	Quinces	Pears	Raspberries
Persimmons	Oranges	Apples	Loganberries
Cherries	Figs	Dates	Melons
Raisins			
VEGETABLES			
Sweet potatoes	Rutabagas	Artichokes	Dandelions
Asparagus	Carrots	Kale	Sprouts from beans
Irish potatoes	Radishes	Beets	Mushrooms
Swiss chard	Squash	Onions	Cauliflower
Watercress	Lettuce	Chives	Cucumbers
Kohl-rabi	Garlic	Okra	Tomatoes
Eggplant	Celery	Parsley	Cabbage
Greens of every kind	Beet tops	Spinach	Pumpkin
Parsnips			Turnips

minerals. For this reason, milk, greens, and fruits daily, with occasional egg yolks, entire cereals, and pulses, will satisfy man's mineral needs.

ACID AND ALKALI FOODS

Acid-alkaline balance of one part acid-ash-forming food to four parts alkaline-ash food will be obtained if fruits and vegetables constitute four fifths of the total daily food ration. This is where care in selecting and proportioning will prove to be the price of improved health.

On the basis of alkali and acid values, all our foods are divided into two groups. The alkali-forming foods are the fruits and vegetables. With few exceptions, all other foods may be considered as acid-forming. Therefore, fruits and vegetables should form a considerable portion of the daily food intake.

Acid-Forming

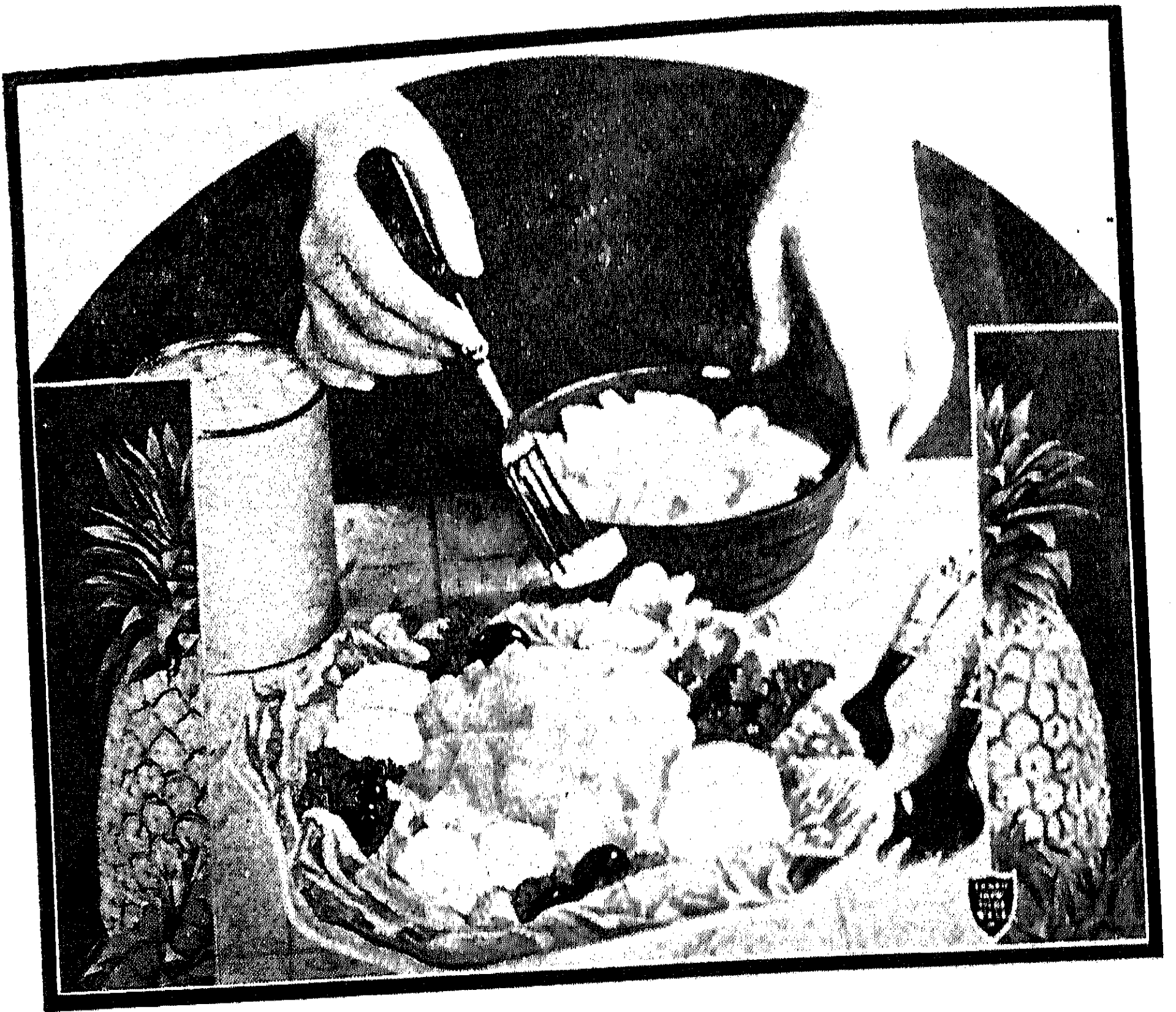
Fish	Sweets
Fowl	Confectionery
Flesh foods of all kinds	Chocolate
Eggs	Lard
Cheese	Hydrogenated oils
Cereals (wheat, oats, rice, corn)	Coffee and tea
Bread	Alcoholic beverages
<i>Chapati</i>	Fruits in syrups
Legumes, <i>dal</i>	Flavoured soda waters
Nuts	Milk (when boiled)
Refined sugar	Milk puddings
Rhubarb	Fried and <i>ghee</i> -cooked foods

Alkali-Forming

Green leafy vegetables	Apples
Cabbage	Apricots
Asparagus	Bananas (when thoroughly ripe, with skin spotted in brown)
Beets	Cherries
Carrots	Currants
Cauliflower	Dates
Celery	Figs
Cucumbers	Grapes
Marrow	
Olives (ripe)	

Onions
Peas (when fresh green)
Potatoes
Pumpkins
Radishes
Spinach
Tomatoes
Nearly all fruits

Lemon juice
Oranges
Peaches
Pears
Prunes
Melon
Milk (when uncooked)
Whey



Fruit salad can be made to look most appetizing.

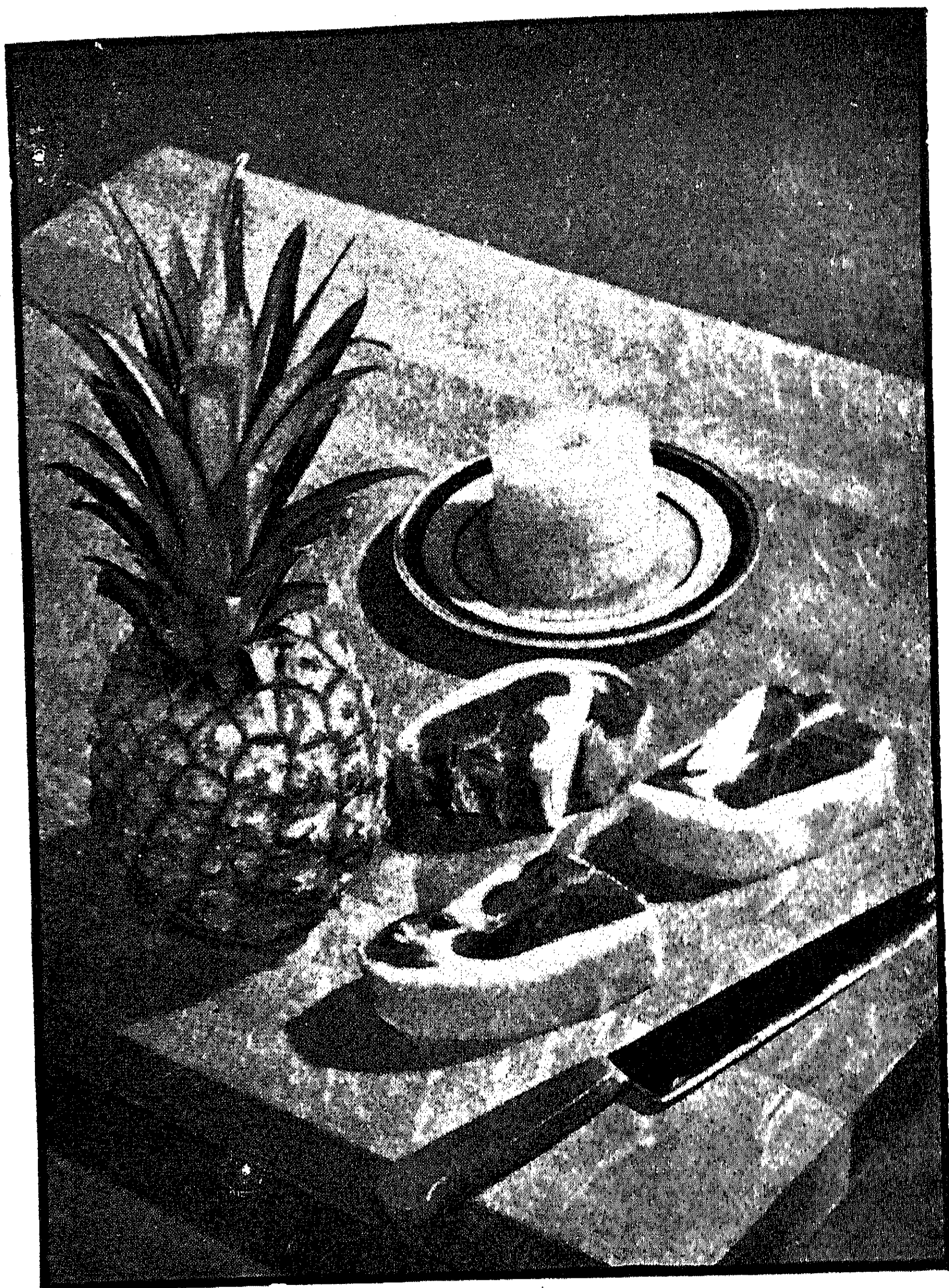
FLESH FOODS

ANIMAL flesh is still considered by many as the most important article of diet. This idea is often accepted without question, or without a thought that it can be seriously challenged. A careful consideration of the subject, however, will soon show that in addition to its known nutritive values, there are dangers and after-effects which considerably detract from its position as a superior food substance.

The first danger in the use of meat as a regular article of diet is an excessive consumption of protein above the actual requirements for tissue reconstruction. As has already been pointed out, this places upon the liver and kidneys an undesirable tax, as all excess of protein must be reduced to uric acid before it can be eliminated. There being no provision for storing excess of protein or its digestive products, the presence of these in the blood is a definite harm until it can be eliminated. This flooding of the system with an excess of by-products leads to early impairment of the vital functions concerned with raking care of the excess.

The next danger from a flesh diet lies in the readiness with which flesh foods undergo decomposition and putrefaction.

There are myriads of germs constantly present in the human intestines. These germs are divided into two classes—fermentation, and putrefaction or poison-forming germs. The action of these latter germs gives rise to the very offensive smell emanating from a dead animal.



Fruit for health. Flesh for strength, perhaps, but also
for poison.

When these same germs feed upon animal flesh in the human intestines they give rise to such highly poisonous toxins as skatol, indol, pyrrhol. Some of these closely resemble the venom of snakes and are capable of producing grave and distressing symptoms.

Through the use of meat the growth of these putrefactive germs is greatly encouraged, giving rise to very offensive stools, which indicate intestinal intoxication.

To make matters worse, flesh foods are inclined to induce constipation with a retention of these foul substances in the body. The result of constipation, with a bowel laden with putrescent matter, is colitis, so-called biliousness, gastritis—or frequently, inflammation of the gall duct with formation of gallstones—and appendicitis. Nature undertakes to relieve the blockade by absorbing and sucking up into the blood as much of the soluble bowel content as possible, and eliminating these by way of the lungs, kidneys, and skin.

Through the absorption of these intestinal toxins into the blood, all the tissues of the body are bathed in this poison-defiled stream. Thus what normally is a true river of life becomes a source of disease and early death.

This poison-saturated condition of the body is known as auto-intoxication, and the characteristic symptoms are a coated tongue, a sallow complexion, large circles around the eyes, the appearance of brown spots on the hands or other parts (the so-called liver spots), offensive breath and perspiration, putrid stools, thin, inelastic parchment-like skin, dullness of mind, mental irritability or depression without apparent cause, cold hands and feet, perspiration of the hands and feet, chronic headache, attacks of migraine or sick headache; these, and a score of other symptoms, are indications of chronic poisoning. By prompt attention at this stage it is possible to prevent the development of the later more serious conditions, such as hardening of the arteries, Bright's disease with albumin and casts in the urine, or apoplexy with paralysis.

It is well to remember that such symptoms of auto-intoxication do not appear until the mechanism of the

body for destroying and eliminating poisons has already become impaired and is failing to accomplish the designed purpose. Therefore, the appearance of symptoms indicating auto-intoxication should receive serious attention.

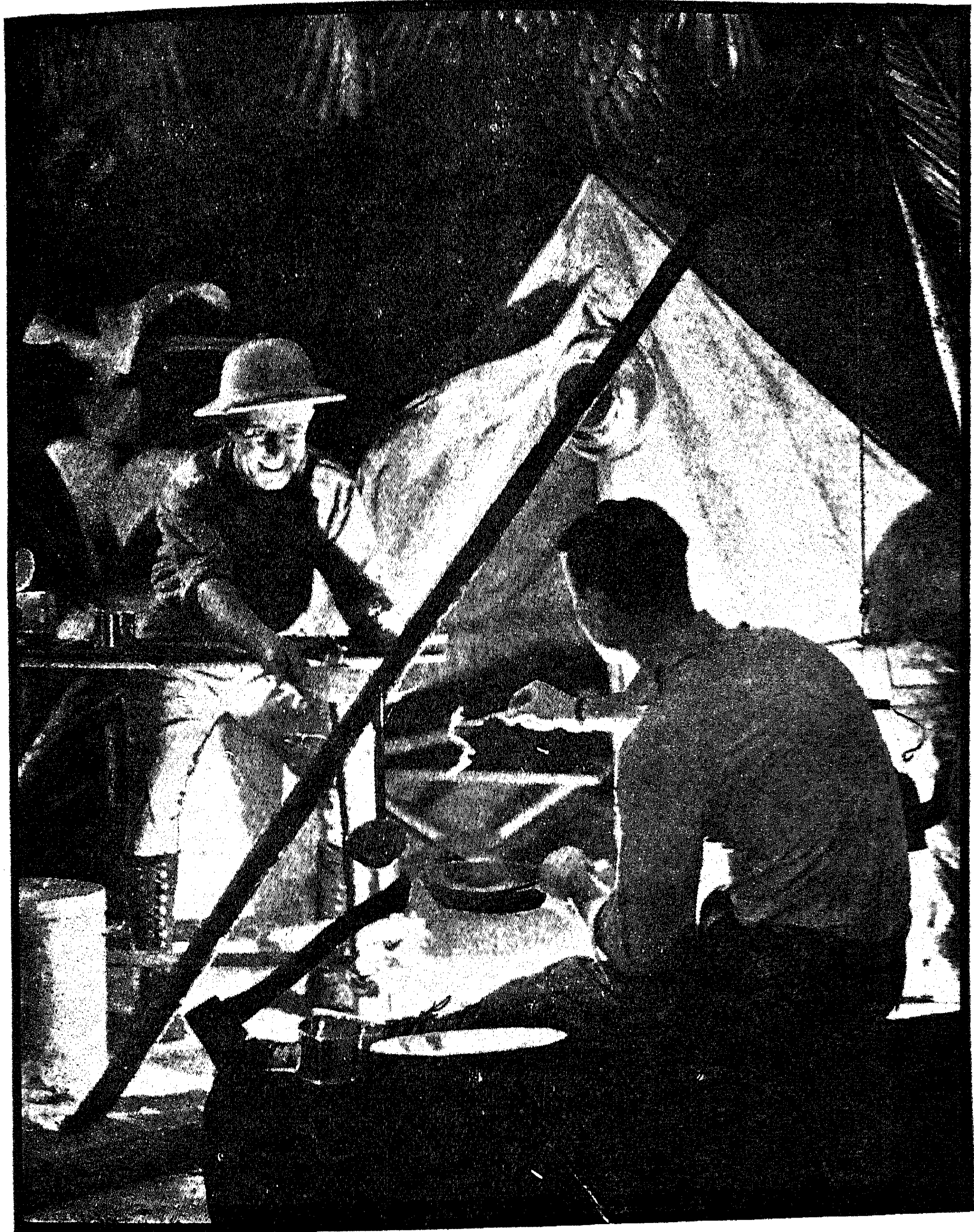
The ill effects of a flesh diet may not be immediately realized, but this must not be taken as evidence that it is doing no harm. Few can be made to believe that it is the meat they have eaten which is largely responsible for physical degeneracy, and that they may die of diseases wholly due to a flesh diet, while the real cause is not suspected by themselves or by others.

DISEASE AMONG ANIMALS

Those who use flesh foods know little of what they are eating. Often if they could see the animals while living and know their condition, they would turn from the flesh with loathing. People are continually eating flesh that is filled with tubercular, cancerous, and other germs. Many contract disease from this source. Animals are actually taken to market and sold for food when they are so diseased that their owners fear to keep them longer.

In his book, "Sanitation in India," Dr. Turner, former Health Officer of Bombay, says: "Tuberculosis is a very widespread disease in man and animals; it is very common in cattle and poultry." "Comparative statistics show that the disease occurs in cattle 16 to 25 per cent. Birds are specially susceptible, the disease causing great mortality in hens, geese, turkeys, and pheasants. Most wild animals are susceptible." Referring to the resistive power these germs possess to survive the usual treatment of flesh in its preparation for food, he says: "Their resist-

FLESH FOODS



Bacon may smell and taste good, but it is eaten only at great risk of disease.

ance is considerable and they can retain their vitality outside the body for a considerable time. Salting and smoking do not kill them. They resist the gastric juice for six hours, and a temperature of three degrees C for three hours, and drying and putrefaction for a very long time, even months."

Cattle taken from green pastures are driven many weary miles over hot plains and dusty roads, often deprived of food and water for hours; exhausted and feverish they are driven to their death. Flesh under such conditions is saturated with tissue poisons and wholly unfit for human consumption.

The tissues of swine swarm with parasites. These animals are scavengers, and this is the only use they are fit to serve. It is impossible for the flesh of any living creature to be wholesome when filth is its natural element, and when it feeds upon every detestable thing. Never should their flesh be eaten by human beings. Trichinosis is a disease contracted by the use of infected swine's flesh, the disease being due to a little worm found in the flesh of swine. In man it produces an acute condition which may be mistaken for rheumatic or even enteric fever.

In many places fish become so contaminated with the filth on which they feed as to be a cause of disease when eaten. This is especially so when fish come in contact with the sewage of large cities. Fish, after feeding on the drains from cities, may pass into distant waters, and may be caught where the water is fresh and pure. Thus, when used as food, they may bring disease and even death on those who do not suspect the danger.

The relation of effect to cause is certainly indicated by the almost pro rata increase of diseases like tuberculosis and cancer among men, and such food animals as cattle, poultry, and fish. It is highly unsafe to depend



Courtesy Indian State Railways

Churning butter in the village. Milk and butter are the safer animal foods.

upon animal flesh as a source of protein food. We should become more familiar with the use of grains, nuts, fruits, and vegetables, because these, when prepared with milk and eggs, provide a far better and cleaner diet than animal flesh.

For individuals so situated that they cannot adopt an entire non-flesh diet, it is well to know that the actual daily protein requirement is amply supplied by less than four ounces of meat, or fish, or fowl, preferably at the mid-day meal, or by two eggs in the morning. Fish and fowl must be included in the same class as meat, their effects being the same.

F.—3.



"Mother and babe are doing well."

THE NURSING CHILD

THE mother who is nursing her baby should have a thoroughly well-balanced diet, as required for a healthy adult. The child will receive about twenty-eight ounces of mother's milk in twenty-four hours (an ounce of mother's milk equals, on an average, twenty calories), or a total of 560 calories. Unless this fuel food is to be withdrawn from the mother's reserve, it must be provided in addition to the normal food requirements for the mother. This additional caloric value should be derived from milk, green vegetables, fruit, and egg yolk.

The child fed on mother's milk has a much better prospect for a long and healthy life than has the child who is artificially fed. This child will normally gain in weight eight ounces a week during the early months; after that, about four ounces a week.

The feeding schedules which have found most universal acceptance are:

		<i>Number of feedings a day</i>		<i>Hours of feeding</i>	
				A. M.	P. M.
First three months	6			2:00	2:00
				6:00	6:00
				10:00	10:00
Fourth to tenth month	5				2:00
				6:00	6:00
				10:00	10:00
Eleventh to twelfth month	4			7:00	2:00
				10:00	6:00

About the fifth month it is time to introduce orange juice as a source of vitamin C, given in very small doses at first, and diluted with equal parts of boiled or distilled water. In two or three weeks the quantity of orange or tomato juice may be gradually increased to one tablespoonful; later, to two tablespoonfuls, and continued so during the first year.

At six months, it is well for the breast-fed baby to have the addition, once during the day, of a teaspoonful of well-cooked cereal jelly, gradually increased to one tablespoonful. During the seventh and eighth month, there may be added a teaspoon of cooked vegetable juice. The best for the purpose are spinach and carrots. Increase to one tablespoonful.

At the beginning of the ninth month, it is time to introduce vegetable pulp, which, after cooking, has been put through a sieve to remove the coarser particles. Also a bit of stale dry crust on which to chew for exercise and for developing the jaw muscles.

With the advent of the tenth month, cow's milk will now be added gradually and breast feedings reduced accordingly.

The eleventh-month feeding has been outlined by one authority as follows:

“ 7:00 A.M.: Eight ounces warm cow's milk.

“ 9:00 A.M.: Two tablespoons orange juice.

“ 10:00 A.M.: Two tablespoons cooked cereal jelly, with two ounces of warm cow's milk over it; six ounces of milk to drink; a small piece of toast.

“ 2:00 P.M.: One-half cup vegetable soup (two tablespoons strained pulp and milk), or milk and vegetable given separately; half a small baked potato with a little butter; one teaspoon of egg yolk (may be served on bread crumbs or potato); one tablespoon pulp and

juice of mild fruit (as papaya); one slice toast or zwieback.

“ 6:00 P.M.: Two tablespoons cooked cereal jelly with two ounces warm milk over it; six ounces warm cow's milk to drink; one slice of bread (two to four days old), or toast with a little butter.”



Nurse shows the infant to its father. Now comes the feeding problem.



Learning the art of food absorption.

ARTIFICIAL FEEDING

FOR babies requiring artificial feeding there is nothing to take the place of milk. The problem presented is how best to adapt cow's milk to the digestive capacity of the human infant.

The quantity of milk to supply the daily protein required is one and one-half ounces of milk to a pound of the baby's weight. Sugar of milk, or Dextri-maltose (not table sugar), is added in suitable quantity to provide carbohydrate for heat and energy production. Water is also added to the milk.

The following feeding schedule, worked out by authorities and published in, "Save the Babies," by the American Medical Association, will be found of real assistance in deciding how to prepare artificial feedings during the first twelve months:

First and Second Days: Three ounces of milk, seven ounces of water; boil briskly for one minute; add half a teaspoon of milk sugar*; cool quickly and divide into six feedings. The baby may not take all of any feeding. Discard what is left each time.

Third and Fourth Days: Four ounces of milk, eight ounces of water, two teaspoons of milk sugar*; boil one minute; cool and divide into six feedings.

Fifth to Seventh Days: Five ounces of milk, ten ounces of water, one and a half tablespoons of milk sugar; boil one minute; cool and divide into six feedings.

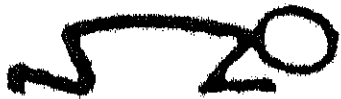
*Dextri-maltose may be substituted for the milk sugar. It agrees better with some babies. Being slightly lighter in weight than milk sugar the amounts specified must be increased in the proportion of one teaspoonful to each tablespoonful of milk sugar.

Eighth Day to End of First Month: Beginning with five ounces of milk, ten ounces of water, and one and a half tablespoons of milk sugar, increase the milk by half an ounce every three days, the water by one ounce every four days, and the milk sugar by half a tablespoonful at the end of the third week.

Second to End of Fourth Month: At the end of the first month the baby will be getting approximately nine ounces of milk, fifteen ounces of water, and two tablespoons of milk sugar divided into six feedings. Now add a teaspoonful of orange juice daily, midway between the two morning feedings. Increase the milk by half an ounce every four days, and milk sugar by half a tablespoonful every two weeks, and the orange juice by one teaspoonful every month; decrease the water by half an ounce every two weeks. At the beginning of the fourth month the number of feedings may be decreased to five, or the six feedings may be continued another month.

Fifth to End of Seventh Month: At the end of the fourth month the baby will be getting approximately twenty-one ounces of milk, twelve ounces of water, and four and a half tablespoons of milk sugar, divided into five feedings; also one tablespoon of orange juice between the two morning feedings. Now increase the milk by half an ounce every two weeks; make no change in the milk sugar. Increase the orange juice by one teaspoonful every month. At the beginning of the sixth month give two teaspoons of cereal jelly, one of these before the 10:00 A.M. feeding, the other before the 6:00 P.M. feeding. Increase this by two teaspoonfuls once a month. By the middle of the sixth month give a crust of bread to munch before the 10:00 A.M. feeding. At the beginning of the seventh month give one teaspoonful of strained green vegetable juice (preferably spinach, though carrot or slightly cooked cabbage will do) just

At 4 Weeks



RAISES HEAD MOMENTARILY.
RESTS ON KNEES, ABDOMEN,
CHEST, FOREARMS, HEAD.

At 8 Weeks



LIFTS HEAD SUSTAINEDLY.
RESTS ON FOREARMS.

At 12 Weeks



ROTATES LEGS OUTWARDLY.

At 16 Weeks



LIFTS HEAD ERECT.
RAISES UPPER CHEST

At 20 Weeks



RESTS MOMENTARILY
ON ABDOMEN AND CHEST

At 24 Weeks



RESTS ON THIGHS, ABDOMEN,
CHEST, AND HANDS.

At 28 Weeks



LIFTS ARM.

At 32 Weeks



PIVOTS

At 36 Weeks



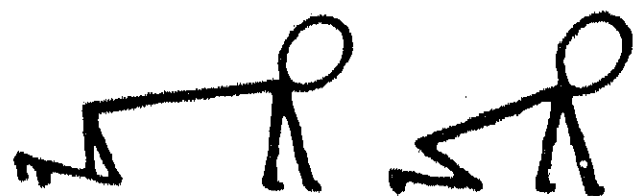
RESTS ON THIGHS, LOWER
ABDOMEN, AND HANDS.

At 40 Weeks



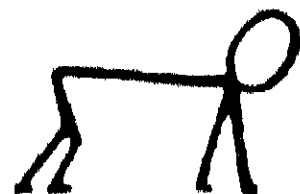
BACKS UP

At 44 Weeks



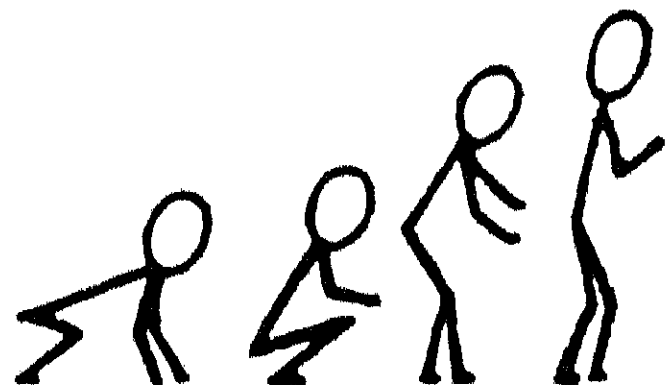
ATTAINS SITTING

At 48 Weeks



CREEPS

At 52 Weeks



ACHIEVES STANDING



Showing what the normal baby should be able to do
at various ages up to one year.

before the 2:00 P.M. feeding. One teaspoonful of egg yolk may be mixed with the orange juice at this time (or one teaspoonful of cod-liver oil may be administered instead).

Eighth to End of Eleventh Month: At the end of the seventh month the baby will be getting approximately twenty-six ounces of milk, nine ounces of water, and four and a half tablespoons of orange juice midway between two morning feedings; two tablespoons of cereal jelly (half of this at the 10:00 A.M. feeding, the other half with the 6:00 P.M. feeding) each time with a little milk feeding poured over it; a dry crust of bread to munch once a day, and one teaspoonful of strained vegetable juice at the 2:00 P.M. feeding; one teaspoonful of egg yolk or cod-liver oil. Now increase the milk by half an ounce every ten days, decrease the water by half an ounce every two weeks; increase the orange juice by one teaspoonful every month, the cereal jelly by two teaspoonfuls every month; use the strained pulp as well as juice of green vegetable and increase by one teaspoonful each month. At the tenth month begin to decrease the milk sugar by half a tablespoonful every two weeks.

Beginning of Twelfth Month: By this time whole milk can be given and the schedule already outlined for the breast-fed baby can be adopted.

FOOD FOR GROWTH

Two Years of Age: The average weight at two years is about twenty-nine to thirty pounds. One quart of milk is the chief food. This should be supplemented by green vegetable pulp which, after conservative cooking, is passed through a strainer to remove the coarser fibres. Also one half to one ounce of well cooked and strained cereals. The latter part of the year straining of these foods will not be necessary. Fruit juices and pulp of fruit are essential. For a child who has not been receiving these during earlier periods, it is necessary to begin with a small quantity and gradually increase to two or three tablespoonfuls at a feeding. Yolk of an egg may be given three times weekly.

Important and often life-long food habits are formed during these early periods. Let the food be simple, well prepared, and given in a way to avoid dislikes or finicky eating habits from developing. The less appreciated foods may need to be given first, and thus take advantage of the normal desire for food.

A frequent basis for trouble in later years is over-feeding, too frequent meals, eating between meals, the use of table sugar in milk, giving of sweets, puddings, and other complicated dishes. Keep the food very simple and help the child develop a liking for natural, unspiced foods.

Third and Fourth Years: A normal child at the age of three and four years will weigh from thirty-five to thirty-eight pounds. The protein needs are met by three protein calories to a pound of weight. Energy require-

ments are about thirty-seven calories a pound. These are derived from starch, natural sugar, and fat foods.

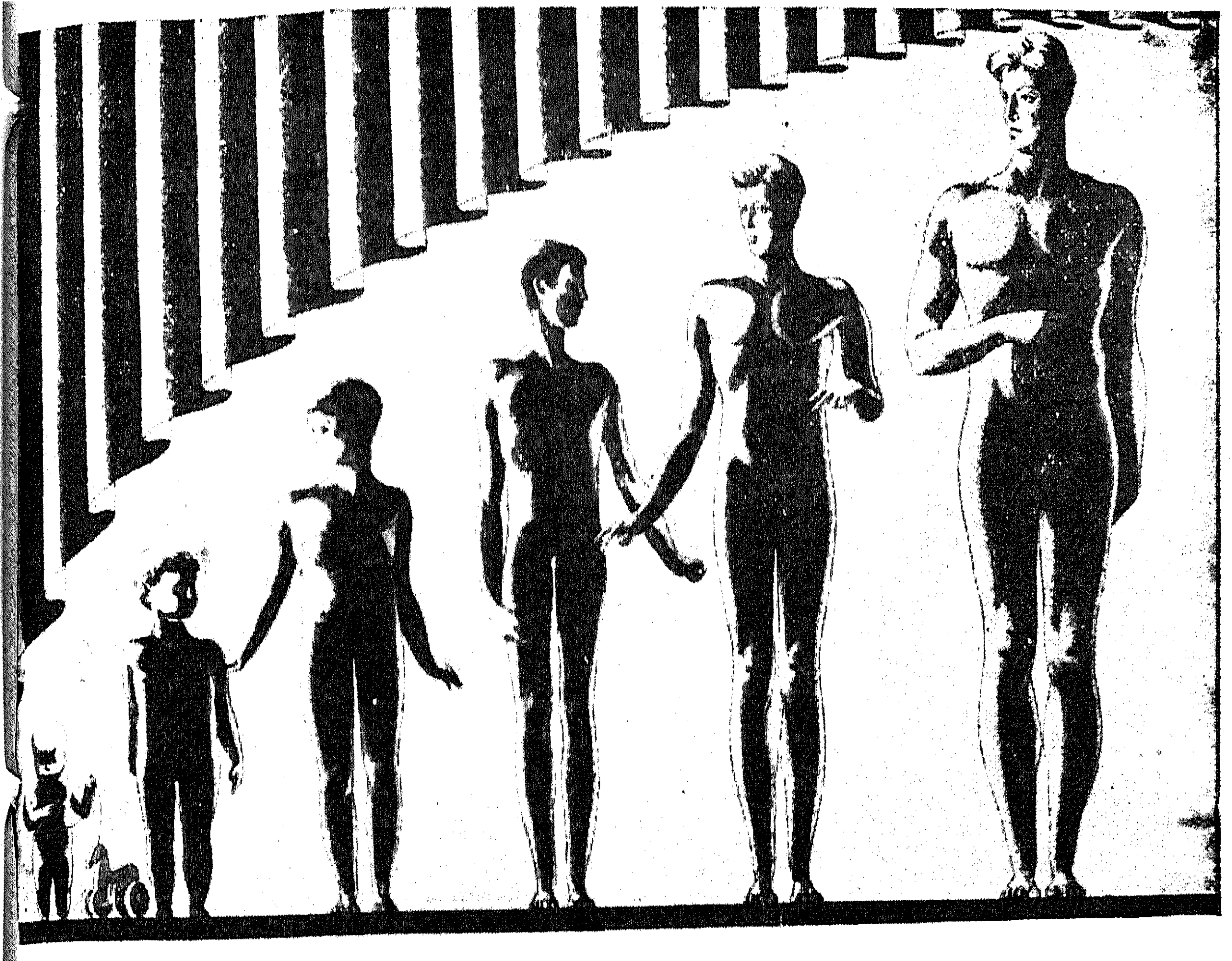
There should now be three regular meals and nothing but plenty of water between. Meals should be simple but food varied in its preparation and serving so as to avoid monotony.

The quart of milk a day is still the basic food. This may be used in part for making various soups, junket, or in preparing certain cereal dishes. Use well-cooked whole cereals, including well-baked *ata* bread with butter, or crisp *chapaties*.

Steamed or baked vegetables, also raw and stewed fruits, all provide minerals, vitamins, and useful carbohydrates. The yolk of egg three or four times a week, and occasionally a whole egg, should not be neglected during these years.

Fifth to Seventh Years: Each stage in the child's development represents important nutritional phases and problems calling for watchful care on the part of the parents responsible for feeding this unfolding human organism.

The age period we are now considering witnesses many new experiences and adventures as a result of the child's broader activities in social contacts, play, and possibly school attendance. All this excitement and strain upon the nervous system emphasizes the need for continued carefulness in the type of food provided, food combinations at meals, and time of eating. The health, nervous stability, and digestive efficiency of the future adult are now being developed. Food and feeding practices, now more than ever, are determining factors for the life ahead.



Up he grows, and at every stage he requires special attention to his food.

The average weight and energy calories required for this age period are given as follows:

<i>Year</i>	<i>Weight in pounds (for medium height)</i>	<i>Calories a pound</i>
Fifth	41	36-38
Sixth	45	35-37
Seventh	50	34-36

This being a period of quite rapid growth, three or four protein calories to a pound of body weight will be required. This is best provided by a quart of milk and one egg each day. The impression that meat is necessary for the growing child is unfounded. While meat

undoubtedly provides a good quality of protein, it is poor in minerals, providing no calcium, and is very poor in vitamins. Also meat encourages intestinal putrefaction. While meat supplies protein it has other undesirable, unbalancing effects.

The foods containing materials essential for growth and body building are milk, eggs, whole cereals, and good whole-wheat bread with butter, green vegetables, root vegetables, fruits, and some additional thin cream.

Sweets, condiments, tea and coffee, and cocoa should be avoided, as the child is much better without such stimulants.

Eighth to Twelfth Years: At this age the diet is gradually enlarged, but should not contain complicated mixtures of foods. Nor should the child be given foods which have been cooked in oils or fats.

Milk is still the food around which the daily menus are built. The daily quart of milk should be used in part for making various delicious vegetable and pulse soups; also in preparing simple puddings.

The additional protein for body-building purposes may be provided, as milk curds, entire eggs, and a more liberal supply of green leafy vegetables, from which are obtained the essential amino-acids for protein construction. Our attention has of late been directed to the need for satisfactory protein, by which is meant milk curds, meat, and eggs. Sufficient emphasis has not been placed upon the fact that all protein is constructed from the amino-acid-building blocks derived from green leafy vegetables. These green leafy foods should be carefully prepared and served both raw and cooked so as to encourage a relish for them. Their value is not only as body builders but also as health and resistance builders. Much more green leafy foods are advisable.



Under-
nourishment,
from lack of
sufficient food
or from the
use of foods
which do not
contain
enough vital
elements, is
the crying
affliction of
countless
multitudes.
Starved
bodies are
easy preys to
disease, for
there is little
vitality to
resist its
ravages.

For breakfast, serve cereals and milk, whole-wheat bread with butter, with such fruits as dates, figs, raisins, and well-ripened bananas. The dates should be thoroughly washed in water sufficiently hot to loosen and remove the tough skins. For lunch some form of appetizing milk soup, vegetables, both underground tubers and overground leafy variety may be used. Eggs go well with the vegetables. Some form of raw vegetables, like shredded lettuce or grated carrots, are necessary for their vitamins. Among families using meat, this meal would be the best for introducing this type of protein into the child's diet. With vegetarians, milk curds or cheese, or well-crushed nuts or soya beans, may be included for additional satisfactory protein.

The evening meal will be light and easily digested if confined to milk or simple milk pudding and fruit.

Twelfth to Twenty-fifth Years: The body is reaching its mature development and full growth. Constant and heavy demands are being made upon all body energies and building materials. The internal storms and stresses of this period may express themselves in voracious appetites or vagaries as to food desires and dislikes.

Care and guidance are needed, particularly during the earlier portion of this period, to prevent damage to digestive structure and function resulting from excessive eating, improper combinations, unbalanced diet, and lack of essential factors.

We now enter the period when the food formula applies as outlined for the adult at the beginning of this section. Special preparations are required to supply satisfactory building materials, sufficient energy foods, and necessary elements.

Such foods must be correctly prepared to conserve their several nutritional values, and appetizingly served

so that they do not lose their appeal to the hungry young man or young woman.

For purposes of emphasis we again repeat an outline for maintaining a normal daily diet for an adult.

One-half to one seer of milk.

One kind of fresh, ripe, uncooked, seasonable fruit.

One uncooked, fresh, green leafy vegetable.

Two water-cooked (preferably steamed) green leafy vegetables.

One cooked tuber vegetable.

Eight ounces of bread or *chapaties* made of whole-wheat, unsifted, unprocessed, and if possible, home-milled flour.

Two ounces fat in the form of either cream, butter, *ghee*, or oil.

Four ounces of one kind of complete protein food, selected from one of the following sources according to individual preference or religious custom: Curd of milk, cheese, soya beans, nuts, eggs; or for non-vegetarians, fish, fowl, or meat.



She grows old beautifully by cutting down on the amount
and restricting the variety of her food.

FOOD FOR FIFTY YEARS AND AFTER

WHAT we call old age has really nothing to do with years, but consists of certain physical changes within the body. As a result of these tissue and organic changes, the body functions at increasing disadvantage. The mind may still be alert and capable of utilizing to advantage the experience and knowledge gained during the past half century, but muscle vigour, nerve force, tissue flexibility, the level of organic functioning, and nutritional capacity have declined.

These changes are accompanied by a slowing down of all vital operations. This means that the need for, and capacity to, utilize fuel and repair food substances has definitely lessened.

Appetite, being largely the product of training, practice, habit, and mental impression, may still be as keen as ever. Also there may exist the impression that "hard work" demands forced feeding. These would all tend to encourage continuing former practices of eating, which must now be altered according to the lessened physical capacity, if trouble from overeating is to be avoided.

If at the evening of life there is a tendency to increase in weight, this is certain evidence that the food intake is more than the organism can utilize. It is well for those advancing in age to understand that there is less danger from under-nutrition than from over-indulging.

From infancy to senility there are two processes which operate throughout life but with differing emphasis. These are construction, or growth, and destruction, or katabolism. From birth till the body is matured, the

constructive process calls for an ample supply of good building material in the form of suitable proteins.

During middle life with its heavy physical activities there is an even balance maintained for perhaps twenty-five years, then we enter the period where all constructive efforts are largely suspended and the actual destruction process really dominates this period, until all operations cease.

For the above reason it will be evident that from the age of fifty and onward, the need for building material, as protein foods and concentrated starches, has been reduced to the merest trace as compared with earlier needs. The major mistake made by most elderly persons is eating too heavily of concentrated starch and protein foods. Such foods should be taken very sparingly.

As the years advance the food practices must definitely revert to those foods which were best suited to the earlier years of life. Milk with fruit, and vegetables prepared as purees, a small amount of well-prepared cereal, and finely ground nuts are the easiest to digest, and therefore best suited for aged persons. All concentrated, heavy foods, and complicated, made-up dishes, should be avoided.

With the breaking down process in the ascendancy during the evening of life, it also follows that there is more acid residue to be bound and buffered with alkalies for elimination. For this reason, the alkali-ash-forming fruits and vegetables are especially required. All of these facts indicate that for the later days of life, as for the earlier years, milk, suitably selected and prepared fruits and vegetables, with a little cereal and the occasional yolk of an egg, represent the ideal old age diet.

Loss of teeth is another phase which necessitates selecting and preparing food so it will not require much



So many older people tend toward obesity and flabbiness, simply because they continue to follow the same eating habits they adopted in youth. To keep their "figures" and their health, they should make a change. "For the later days of life, as for the earlier years, milk, suitably selected and prepared fruits and vegetables, with a little cereal and the occasional yolk of an egg, represent the ideal old-age diet."

mastication, but will be easily digested. Care in providing easily digested foods will add greatly to the well-being and comfort of the aged person. If the citrus fruits do not agree well, then more must be made of the less acid varieties. Well-ripened bananas, dates from which the tough outer skin has been removed, and seedless raisins, are foods that may replace some of the bread and cereals to advantage.

The drinking of water containing much earthy minerals and salts produces clogging and hardening of the tissues. Therefore, distilled water is best for drinking purposes. Boiling the ordinary water will remove a considerable amount of these earthy elements.

The excessive use of table salt favours early appearance of old age conditions. It causes hardening of tissues, just as when used for pickling meat or other foods.

As age turns again to the simpler foods of childhood, it must not expect those foods to taste as good as memory recalls. The food does not change; but the "taste buds" of sixty are much fewer in number than those of six. Still, with the hurry of life well over, the ageing person may get much enjoyment from the leisurely mastication of tasty foods.

FOOD COMBINATIONS

THIS idea of good and bad combinations, and of learning to separate our food into characteristic meals, as fruit meal, carbohydrate meal, or protein meal, all seems very bothersome. Why make so much fuss over food combinations? If this combining of compatibles is



He ate the right foods, but the wrong combinations. He knows it now, and so do we.

so important, why haven't we heard about it long before this?

The reason our conscience has not developed a combination complex at an earlier date is simply that these observations had not previously been made. It required the observations of Eijkman to discover vitamins, of McCollum to demonstrate the nutritional role of the six-

teen food minerals, Chittenden to discover the benefits of a low-protein diet, McCarrison to observe the different biological values of Indian diets, and Dr. Hay to call our attention to the value of compatible combinations. All these have been developments of recent times. Most of this is still fresh news to very many people.

All of us have observed that certain meals produce colic, bilious headache, vertigo, indigestion, acid or sour stomach, make us very nervous and irritable; but we did not know why.

Now we are given a reason, and also told that these unfavourable food combinations cause still graver disorders, as high blood pressure, Bright's disease, diabetes, acidosis, and a host of other disorders.

First, then, let us consider the reason for observing a plan of food combinations. It is a physiological certainty that foods like breads, *chapaties*, rice, oatmeal, cakes, potatoes, puddings, sweets, sugars,—the carbohydrates,—require an alkaline environment at every step of their digestive progress. Acid encourages fermentation of these foods. It is equally a physiological fact that foods of the protein class, as fish, fowl, meat, eggs, and cheese, require an acid solution to initiate their first separation into simpler units. For this purpose the stomach produces a strongly hydrochloric acid fluid whenever concentrated proteins enter that organ. When other non-concentrated protein foods form part of the meal, a much weaker hydrochloric acid fluid is secreted. For a carbohydrate meal no free hydrochloric acid is produced.

Dr. W. H. Hay writes: "Nearly thirty years ago Pavlov, the great Russian physiologist then residing in Paris, took dogs of all sizes and conditions, and made a window in the stomach, through which he studied the effects of various foods on the condition and composition



Dates and milk, a good combination.

of the gastric juice, and he found that this contained no hydrochloric acid until after the entrance of meat or some other form of concentrated protein; that is, the gastric juice would form on sight or smell of food, and could be drawn off and examined, but until the meat actually entered the stomach there was no hydrochloric acid found in this, proving that this acts by its presence to stimulate the flow of the acid.

“Now if this works out the same with the human, it is easy to see that when we eat meat and bread together, we have set an alkaline task and immediately interrupted this by an acid task, an incompatibility in task that no human or other stomach could possibly overcome, for no stomach could be at the same time both acid and alkaline, just as no room could be at once both light and dark, the two being opposites, so that one or the other would prevail.

“After all food has left the stomach, conditions thereafter are wholly alkaline, the bile, the pancreatic juice, and the intestinal juice all being alkaline in reaction, so this incompatibility exists only so far as stomach digestion is concerned; but this is vitally important, for if

the starchy digestion is arrested unduly long, fermentation sets in, and we have acid formation from this cause.

“Protein digestion is carried on in an alkaline medium after this first acid bath in the stomach, so can go on side by side with carbohydrate digestion in the small intestine, and if we could get the mass by this first stage of stomach digestion we would have no incompatibility in the simultaneous digestion of these two classes of foods.

“So to avoid this incompatibility we must separate the proteins and carbohydrates at every meal, which we can do very easily by taking them at separate meals, as the starchy things at noon and the protein at night.

“Now, if acid negatives the digestion of the carbohydrate foods, then we can see that the use concurrently of starchy foods with an acid fruit must act in the same way, for these fruit acids remain just long enough in the stomach to cause the arrest of the ptyalin ferment mixed with the food as it is chewed and insalivated in the mouth.

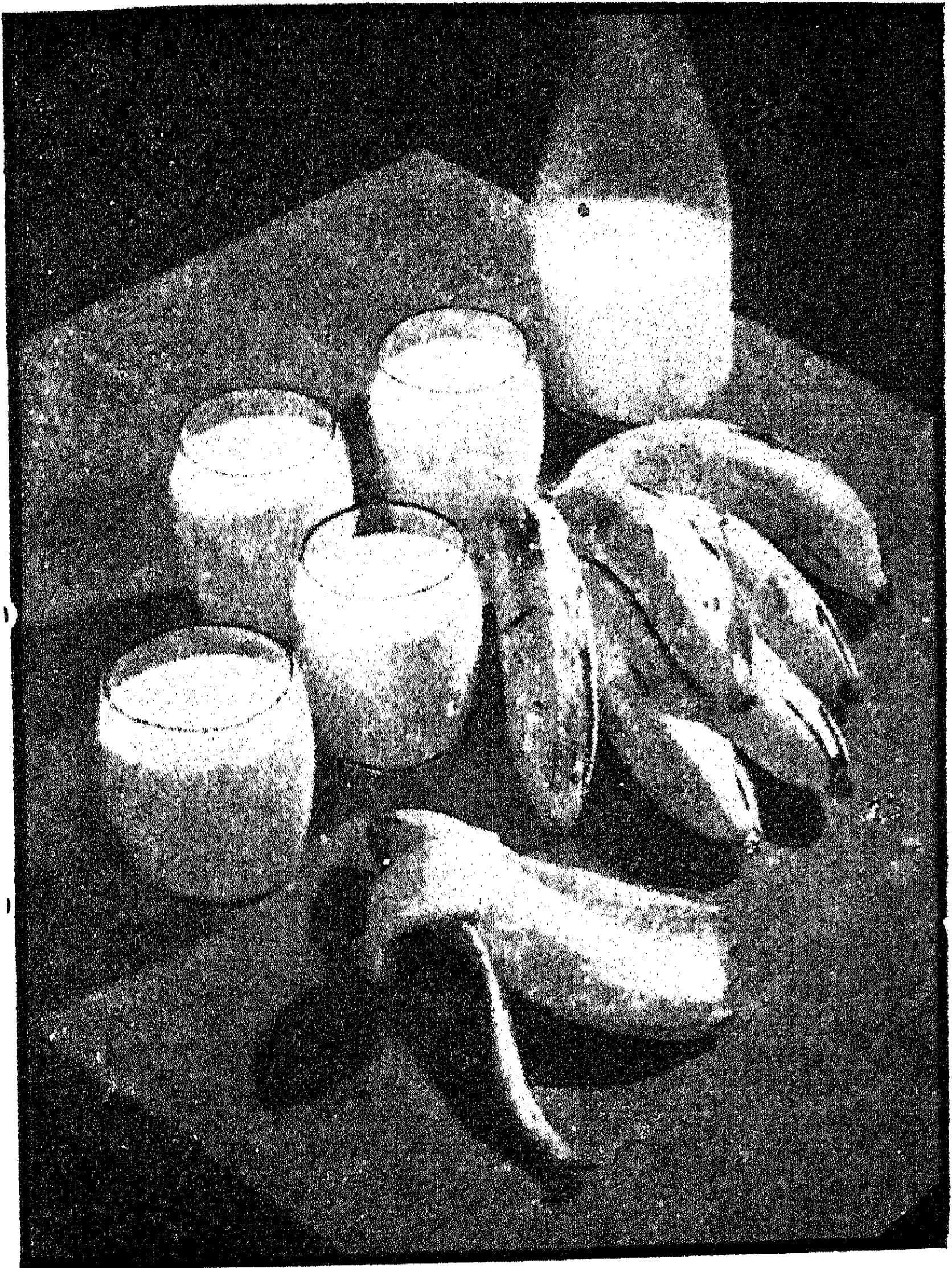
“So not only must we avoid the mixture of meats with our starchy foods, but also the acids of fruits or any form of acid whatever.”—“*Health Via Food*,” pp. 192, 183, 184, 193.

Protein foods require a strongly acid stomach digestive fluid for their reduction, and these same protein foods leave a very acid ash in the blood after they have been split up by the digestive process. Therefore it is unadvisable combining at the same meal such other highly acid-ash-forming foods as bread, rice, macaroni, and puddings.

The best combination always with proteins is green vegetables, both cooked and raw, as salads. Tomatoes

go well with proteins, as do citrus fruits, but not the sweet fruits.

Cereal foods may be combined at the same meal with cream, butter, sweet fruits, or green vegetables. They should not be taken at the same meal with acid fruits, nor with concentrated protein foods, as meats and eggs.



And bananas go well with milk too.



It's great to get up in the morning—when you haven't eaten too late
the night before.

WHEN AND HOW SHOULD WE EAT?

THE normal sequence of digestive events beginning with salivary action in the mouth and the processes performed by the stomach, liver, pancreas, and intestines, requires at least fourteen hours in a normal individual for the digestion and elimination of a single meal.

In a subnormal individual whose digestive and metabolic processes are retarded, the digestive time required for any given meal will be increased. In some patients it is found that the required time for digesting and eliminating a meal is double the normal, twenty-eight hours instead of fourteen.

On the normal basis of fourteen hours for one meal it will become evident that two meals are about all the body can well care for, since there are only twenty-four hours in any day. The person eating three meals daily expects his digestive organs to do forty-two hours' work in twenty-four. If *chhota haziri* and a tea meal are added, the digestive task is increased to seventy hours.

The stomach phase of the digestive process requires from four to five hours under normal circumstances. The stomach is constructed of several thousands of glandular structures, whose function is to secrete a chemical digestive fluid suitable for splitting up complex foods, and passing them on to the small intestine for further treatment by other digestive enzymes.

Work and functional activities are fatiguing, and result in a definite wear of tissue substance, also fatigue toxins are produced within the working tissues. These must be cleared away by the blood circulation. All of

this recuperation, repair, and detoxication requires time for its accomplishment. A period of rest and recuperation should follow a period of hard labour as represented by the cycle occupied in digesting the protein content of a meal. While the stomach muscles need rest for reconstruction and detoxication, the digestive glands also need time for replenishing their store of essential chemicals derived from the passing blood stream.

What has been written of the stomach is equally true of all digestive organs and structures. There should be longer periods between meals than are provided by the conventional meal schedule—*chhota haziri* at 6:00 A. M.; breakfast, 9:00 A. M.; lunch, 1:30 P. M.; tea, 4:30 P. M.; dinner, 8:15; and often supper and drinks later. Some persons make a practice of taking a glass of milk just before retiring to make certain the stomach does not get lonesome during the night as a result of having nothing to occupy its attention.

There is a widely-held opinion that every mouthful of food means just so much energy, and every meal represents 500 to 1,000 calories of energy added to the body reserve. This is only partly as it seems. Food does represent certain potential heat value and a quantum of body-building materials, but it does not necessarily follow that the individual eating a given quantity of food during a day will derive the equivalent of energy and other nutritional constituents.

One important fact is usually lost sight of—that the digestion of food is a physical and chemical process requiring expenditure of a considerable quantity of body energy. It has been estimated that three meals daily require more energy for their digestion, oxidation, and elimination than is expended in any other form of average



The man who eats when tired or nervous, or eats hastily and rushes back to work immediately, is laying the foundation for nervous indigestion, a grievous malady.

work or play. This may explain why many a person feels more tired after a meal than before eating.

Three or more meals daily means keeping all body tissues and organs constantly at work without any free period for rest, repair, and recharging the vital centres. This results in worn-out and wrecked organs. We call the wreckage by different high sounding names, as nephritis, Bright's disease, neurasthenia, and a thousand more. A truer statement would be organic exhaustion from overeating and lack of rest periods.

A fatigued body or organ needs rest to recuperate, therefore a regular recurring fast period is the remedy most often required. This same precaution in the nature of less frequent daily meals will also serve as a most effective preventive and prophylactic measure against chronic degenerative organic disease.

What I propose recommending is not a prolonged fast, but a regular planned part of the daily regime, one or two rest periods between meals, of sufficient length to promote reconstruction and health building.

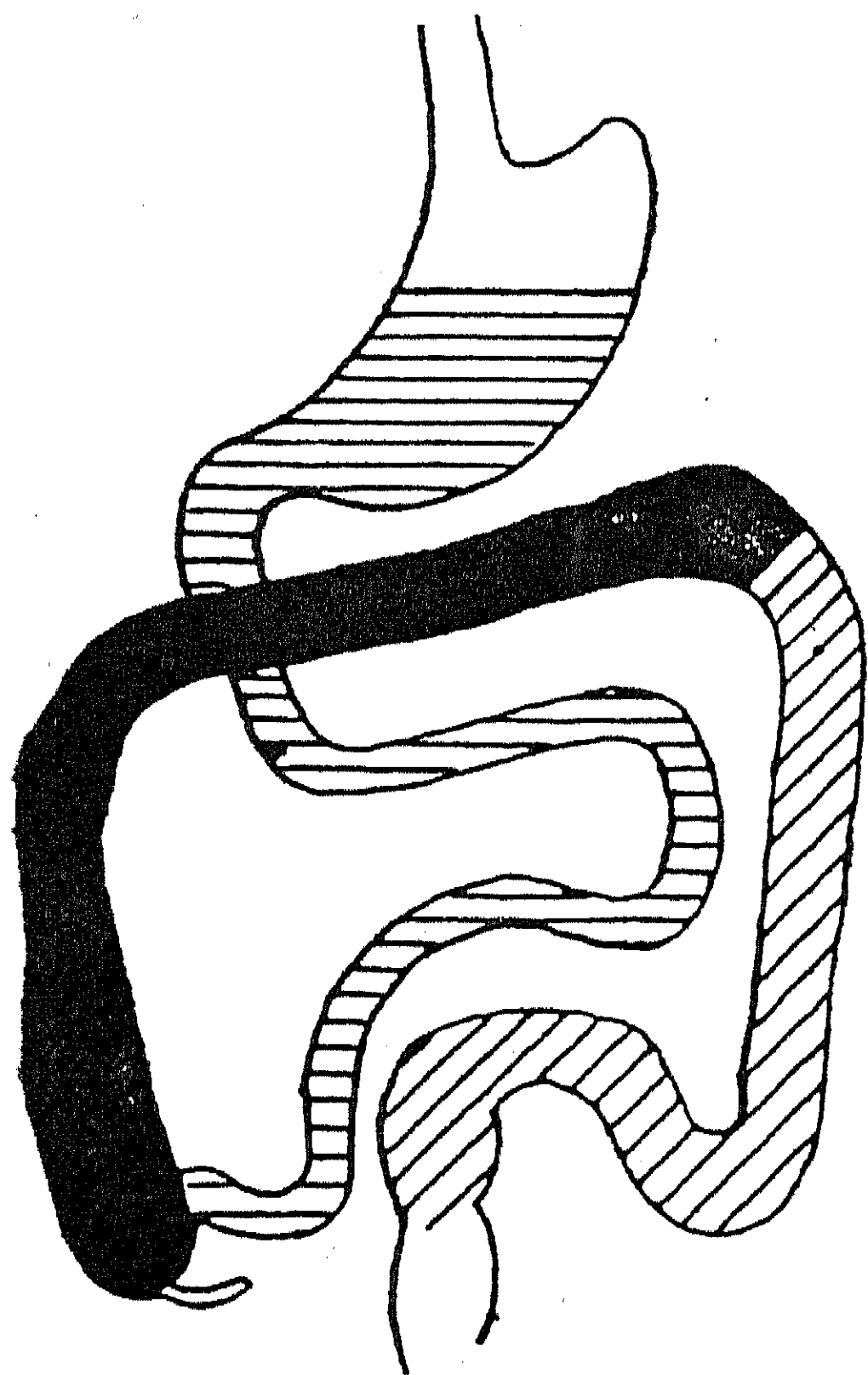
This will require less than three meals during the twenty-four hours. For the average invalid or below-par individual, two meals, well digested, with plenty of rest period between, will promote recovery far better than three meals. Still others would do better on only one meal daily, as this is all they can really digest and assimilate.

The accompanying illustration (*No. 1*), shows the digestive canal with the usual three daily meals. There is no empty space representing a rest period.

Illustration No. 2 represents the condition of this food canal when more than three meals are taken. When

there is, in addition, a condition of constipation, not only is there an absence of rest period but the intestinal canal is overloaded with imperfectly digested and putrid meal

No. 1



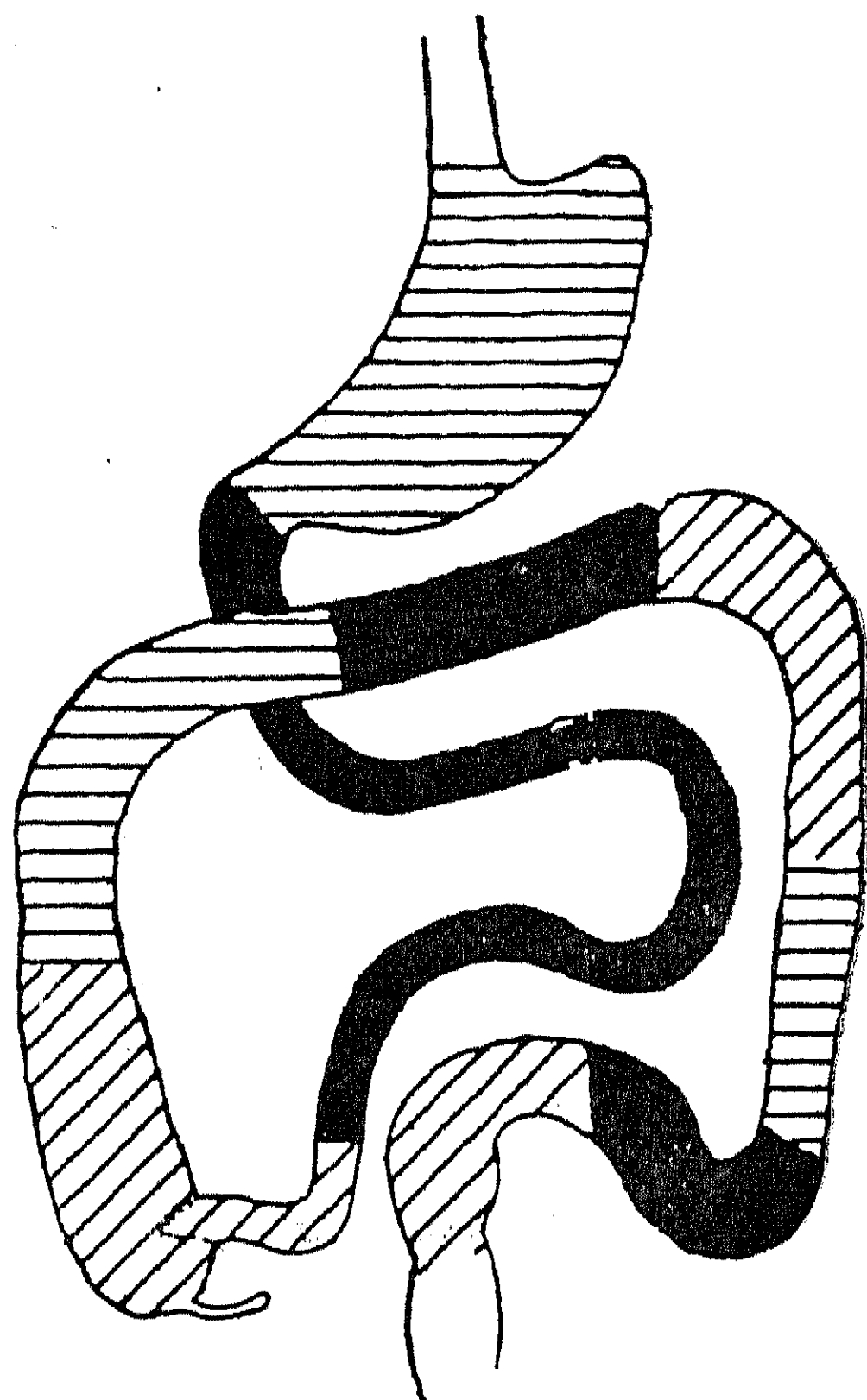
AFTER DINNER 8 P M

BREAKFAST LUNCH DINNER





No. 2



ONE A DAY CONSTIPATION

BREAKFAST LUNCH DINNER





residues. It is such a state of internal affairs which becomes fundamental to many chronic diseases.

Illustration No. 3 shows the advantage gained by two meals daily, and a long fast period between meals. This allows for long hours of functional resting and reconstruction period, in which not only the digestive organs but all the tissues and organs of the body are rested and recouped.

Recently I found the following paragraph occurring in an article entitled, "Eating for Health and Disease."

No. 3



AFTER LUNCH P.M.

BREAKFAST LUNCH

It is reproduced here because, being so difficult and challenging, it is worthy of your careful attention.

"Vital energy, from which physical energy is derived, has nothing to do with physical units of measure. It cannot be measured; it is something as elusive and intangible as life itself. It is life itself! What we have to realize is that food is essential to life; we cannot live without it, but it cannot give us energy or strength—these come from within ourselves. And the only relationship food can have to physical energy is to supply our bodies

with the elements required for their complete and harmonious functioning, thus enabling us to make use of our potential energy to the utmost advantage."

Begin by dropping first one daily meal. After a few days drop another, until you have reduced the number of meals to two. But do not make the mistake of eating as much in those two meals as you ate before reducing the frequency of eating.

Less frequent meals—less waste of vital energy. More rest periods—more healing, more energy to resist disease and infections.

Foods, particularly made-up dishes, differ considerably as prepared by the peoples and races of earth, but digestive rules and processes remain the same from generation to generation, and from race to race.

Thorough mastication has ever been a chief requisite for good digestion. To eat correctly, every morsel of food should be chewed until reduced to a liquid or puree state before swallowing.

Digestion and intestinal functioning tend to become rhythmic and are at their best when recurring at regular cycles. This tendency should be encouraged by regularity of hours for meals.

Condiments, hot curries, mustard, pepper, vinegar, sauces, and everything that irritates, burns, and smarts, when added to food, tends to produce gastritis, colitis, ulcers, together with serious damage to kidneys and liver.

Salt should be used sparingly, the less used the better. Its use should be entirely discarded by persons having Bright's disease, gastric ulcer, acid stomach, overweight, and epilepsy.

Eating of sweets, or taking anything except fruit juices between meals, definitely disturbs and retards the

digestive process. Such practice, if continued, will lay the foundation for chronic indigestion. Much digestive trouble among adults has its foundation in childhood practices.

X-ray observation reveals that good cheer at meal-time promotes digestion, while worry, anger, and study retards digestion.

If one eats three meals daily, the evening meal should be light, especially avoiding foods cooked in fats, and rich dishes.

Persons suffering from insomnia will often find great relief by limiting the evening meal entirely to raw or cooked fruits and milk.



After they have swallowed it, they are worrying about what is happening to that food as it digests. This is hard on digestion. Plan before eating, forget afterward.

Drinking of much water at meals hinders digestion, but a small quantity of water taken in sips during a meal is helpful.

Relaxing the mind and body by lying down for half an hour or longer in the middle of the day is a good practice.

One semi-fast day each week produces an excellent rejuvenating effect on the digestive and eliminative functions. This is best accomplished by eating only fruit during that day, and drinking plenty of water. The weekly rest day would take on added spiritual values if such food practices were adopted each week for that day.

Alcohol is not a food, nor a real stimulant, but it is a narcotic. Its use does not aid but hinders digestion and weakens the most vital organs. It is not a remedy for any disease. Why use it?

Tobacco is an excellent insecticide, it is extensively used to kill things. It also, by degrees, kills the best interests of digestion and heart and nerve action. There is nothing of real value to a smoke, but very much of a delusive, hindering, and life-shortening effect.

Tea and coffee must be classed among the non-foods. They are drugs having alkaloids which increase heart action and blood pressure, cause insomnia, trembling nerves, indigestion, and hasten the ageing process.

Headache and acid stomach after meals are due to wrong eating practices. Do not use aspirin or other pain-relieving drugs. Their effects are harmful. Find and correct the eating mistakes.

The regular use of laxatives tends to produce colitis, indigestion, and worsens constipation. There is a normal laxative diet in which fruit and vegetables predominate. Use the water enema to flush the colon. This



If you want sweet and undisturbed sleep, eat four hours before retiring.

is safe and much more effective than drug laxatives, with no ill after-effects.

Eating concentrated foods only when hungry is a valuable rule. If one must eat when not hungry, it is best limiting oneself to fruit for that particular meal. Observing this precaution will not necessitate altering the regular meal hours. Sedentary persons should not eat oftener than twice daily.

TUBERCULOSIS AND FOODS

MOST writers on the subject of tuberculosis, and those discussing this disease over the radio, usually stress faulty nutrition as one of the more active contributing causes.

Some convincing observations have been made in England in connection with the rehousing scheme and its influence on the problem of tuberculosis. For example, when persons were removed from poorly housed conditions into improved housing provisions, yet their impoverished nutritional practices remaining unaltered, there was no consequent improvement in the tubercular incidence, notwithstanding the better environment. On the other hand, if assistance was given definitely to obtain a more satisfactory nutrition, otherwise no change made in the housing or environment, there was a definite improvement in the tubercular incidence.

The influence of correct and incorrect food on health and disease is stated in one of Sir Robert McCarrison's conclusions, as reported in the *Indian Journal of Medical Research*, Vol. XIV. He observes:

“Not only does good diet promote physical efficiency and health, but poor diet gives rise to stunting of growth, to physical inefficiency, and oftentimes to disease. The maladies of which the bad diet is so apt to lay the foundation are *lung diseases* and *gastro-intestinal disease*.”

The particular “good diet” to which McCarrison here refers consists of *chapaties* made of whole-wheat (*ata*) flour, sprouted gram, whole milk, butter, green vegetables, cooked and uncooked fresh fruits, and occasionally fresh meat.

In another place McCarrison states: "A diet consisting of any staple grain with milk, milk products, and green leafy vegetables contains not only the right kind and amount of proteins, but everything else the body needs for health, strength, and well-being."

"Fruits and berries serve some of the same purposes as green leafy vegetables. They are among the best of all foodstuffs and should form a considerable part of our daily diet."—"*Food*," p. 21, 88.

In general the diets of India must be classed among the "bad diets" conducive to tubercular infection of the lungs and gastro-intestinal tract.

The reason for this tubercular tendency of the Indian diets is due to the following facts. According to the best information available, a diet, to be protective against infection (tubercular germs), must provide sufficiently of vitamins A, B, C, also calcium, phosphorus, iron, and good quality protein. Other food minerals are also required, but nature has so arranged the various minerals in food organization, that to make certain of foods containing calcium, phosphorus, and iron, is also making certain of the associated minerals. This fact simplifies the mineral problem.

In the following list are given the major food sources of the essential "protective" food factors. Because the foods mentioned in this list are either deficient in amount, entirely absent, or destructively cooked, in the average Indian diet, therefore those diets are not protective against tuberculosis. And for the same reason the diets fail to provide the growth-promoting factors, which are so essential for rebuilding tissues in the healing process. Healing of a tubercular lung calls for recreating or rebuilding destroyed lung tissues. New healthy lungs must be grown or built to replace and

repair disease-destroyed tissues. There are special substances contained in certain foods intended for stimulating and promoting this growth or healing work. Such foods must be provided for the tubercular patient.

List of Protective Foods

The following list indicates the essential protective and healing factors, and the foods from which they are obtained:

Vitamin A: Obtained from butter, cream, green leafy vegetables (*sag*), carrots, and tomatoes.

Vitamin B: Obtained from most fruits, fruit juices, whole grains, green leafy vegetables, bran, wheat germ, and yeast.

Vitamin C: Obtained from most fresh fruits and vegetables, especially tomatoes, turnips, cabbage. Orange, tomato, and carrot juices are excellent sources for this vitamin, and should be served daily.

Vitamin D: Obtained from green vegetables and by exposing the skin to sun rays.

Calcium: Obtained from milk, one-half to one seer daily, green leafy vegetables, and citrus fruits.

Phosphorus: Obtained from spinach, egg yolk, pulses.

Iron: Obtained from green leafy vegetables.

Good quality protein is obtained from milk, curds of milk, eggs, or meat. Pulses can be relied on for protein only if liberally supplemented by green leafy vegetables or milk.

Cod-liver oil, because it contains vitamins A and D, is sometimes listed among the protective foods.

In the treatment of tuberculosis we have no drug which is capable of attacking the germ, as we have for

the malarial organism or for syphilis. The body must produce its own defensive measures. The object in selecting a diet for the tubercular patient is to provide him with those natural defensive aids, so that he may build up an effective resistance against the germs and produce healing of the damaged tissues.

While it is necessary to provide adequate and balanced nutrition, care must be exercised not to overfeed, as this may do definite harm.



Celery, grapefruit, cabbage—these are foods rather than medicines.

There is frequently a tendency to digestive disorders in this disease. Therefore, it may be necessary to prepare the vegetables as purees, or even the raw and cooked juices may be preferable for a time, rather than the coarser materials in their natural form. These vegetable purees and juices will guard against shortage of vitamin C, so essential for resistance to infection.

In the past there was an idea of "stuffing" the tubercular patient with concentrated and high caloric foods at frequent intervals. This has frequently imposed a strain on the family finances. A definite reversion of this plan is now evident in the writings and practice of nutritional authorities.

Dr. M. S. Rose, of Columbia University, writes:

"A tempting diet of high fuel value is likely to be expensive. Cream, butter, eggs, choice meats, fruits, and vegetables, dainty cookery and service are beyond the reach of many tuberculous patients. That tuberculosis can, however, be cured on foods which are within the reach of the ordinary purse has been demonstrated at the Loomis Sanatorium in this country (U. S. A.) and at those in England under the supervision of the well-known authorities, Bardswell and Chapman."

The tubercular process develops an increasing acidosis within the body tissues. For this reason the alkali-supplying foods as fruits, vegetables, and milk should predominate over the acid-forming foods (meats, fish, fowl, eggs, cereals) in the proportion of four to one.

The appetite is often poor, while the demand for organic alkaline minerals, protective factors, and healing substances is constant. Since all of these recovery essentials are best obtainable from the indicated foods, definite care and thought should be given not only in preparing and serving all meals in an attractive and hunger-stimulating manner, but also to conserve the patient's energies by avoiding dishes or food preparations difficult of digestion.

The necessary rest cure also includes conservative digestive work, for overstraining of digestive effort may be equally as detrimental as physical exertion. The right kind of food correctly prepared, and served accord-

ing to the individual patient's digestive ability, constitutes one of the major recovery measures.

Fresh air is indispensable to good digestion, as also for healing and detoxication. Therefore ample provision day and night must be made for good ventilation, or better still if the patient can be kept comfortably semi-out-of-doors.

Professor Szent-Gyorgyi, discoverer of vitamin C and holder of the 1937 Nobel Prize for Medicine, has the following to say about food vitamins and health, as reported in *The Lancet*, 1937.

Our bodies, he argues, are by nature most wonderfully healthy, and they are subject to a great variety of diseases only because the conditions under which we live are so far from those for which our bodies were designed. "By no other means will so much human suffering be banished as by the correct understanding and employment of vitamins. . . . A question of major importance for the physician, and which always occupies me when I am told about the therapeutic effect of a vitamin on a given disease, is what would have happened if the patient had received correct amounts of the vitamin before falling ill. The natural reply is that he would not have been stricken, since it is far easier to prevent a disease than to cure it."

What Professor Szent-Gyorgyi writes about vitamins is equally true of the essential minerals, and therefore emphasizes the real importance of a well-balanced diet such as is detailed earlier in this book.

Food correctly selected, prepared, and combined, constitutes one of the most effective means at our disposal for combating disease and developmental defects.

PREPARATION OF FOODS

EVERYTHING that is done to food in preparation for the meal is apt to alter its chemical nature, and therefore also its value as food. How we prepare our food and how we eat it is second only in importance to what we should eat.

The significance of this is apparent when one recalls that two of the essential vitamins—A and C—so indispensable to health, are easily destroyed by excessive cooking at too high a temperature; or when cooked in the presence of "soda" bicarbonate. When vegetables are cooked with the addition of soda bicarbonate, their vitamins are destroyed and foods are no longer live foods but dead foods. This alkali is usually added to preserve the green colour of peas, French beans, spinach, and is often added to hasten the softening of vegetable fibre and pulses. Vitamin B is soluble and can be washed away in an excess of water.

The average Indian cook is accustomed to boiling vegetables in a considerable quantity of water and then throwing it away. Vegetables or rice so cooked have lost much of their soluble mineral elements, these having gone into solution in the hot water thrown away. The loss of calcium, iron, phosphate, and other minerals will cause deficiency diseases to develop. Thus the importance of preparing vegetables so as to conserve all available food and flavouring materials.

Another frequent mistake is, when vegetables are peeled and prepared for cooking, to allow them to stand in cold water for some time, where about 50 per cent



The lady who can prepare and place on the table a healthful and palatable food dish, is an artist of the highest order.

of their food value is dissolved—a waste of protein, mineral salts, and vitamins. Prepare the vegetables with as little loss of nutritional elements as possible; steamed or baked vegetables are delicious in flavour and retain more of their food value. When boiling vegetables put them on to cook in just enough boiling, salted water to cover; the water will be practically absorbed into the vegetable by the time it is tender and ready to be removed from the fire. Do not throw away any liquid that remains after boiling potatoes, carrots, peas, or spinach, but pour it off and use as soup. This liquid is rich in flavour and food minerals.

If the vegetable needs more water during the cooking period, add hot water, not cold, as cold water extracts both flavour and colour from the vegetable. An exception is made in preparing soups and vegetable stews, where we want to extract the flavours into the broth. Put soup vegetables on the fire in cold water, cover tightly, and **cook slowly**; salt just before serving.

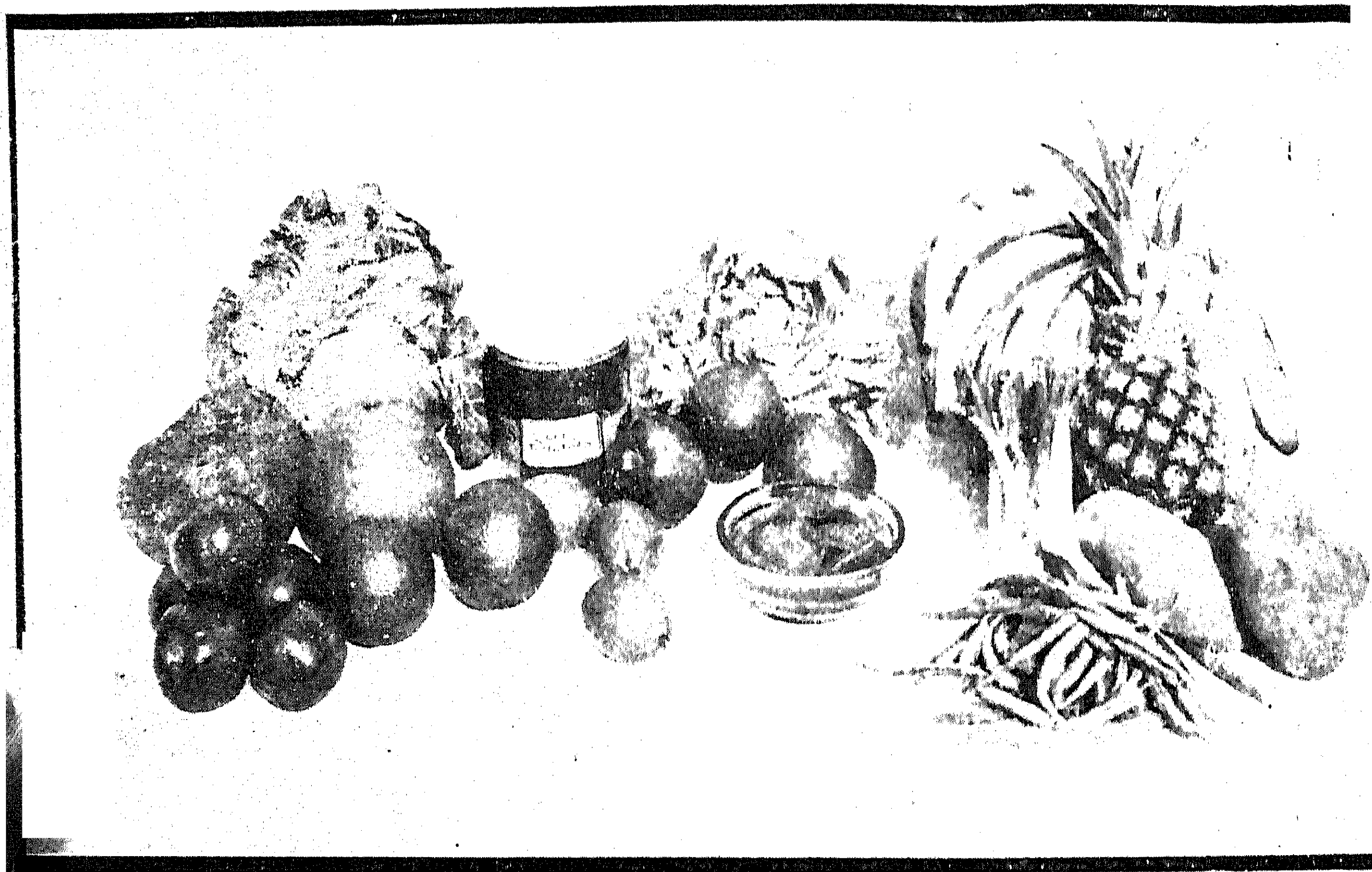
Thin-skinned vegetables, carrots, and new potatoes should be scraped if the skins need to be removed, for next to the skin lies the greater portion of proteins and mineral salts; these will otherwise be lost with the discarded peelings. Cook vegetables only until tender. Overcooking devitalizes the food elements and destroys natural flavours.

Turnip tops make a delicious green vegetable, and so do mustard and dandelion greens. These should be washed in several waters to remove dirt and grit, and put on to cook in boiling, salted water. Cook until tender, but no longer, otherwise a bitter flavour is developed.

Spinach, young beetroot tops, and Brussels sprouts are cooked with no additional water beyond that remaining on the leaves after they have been most thoroughly

washed. Cover well to enclose the steam, turn occasionally with a fork. Twenty minutes is sufficient time for cooking. Salt just before serving. The leafy vegetables are rich in vitamins so necessary to life and health.

Do not use large quantities of fats, and *ghee*, in preparation of vegetables, as an oily coating envelopes the food particles and hinders the action of the digestive



Fruits and vegetables; rely on them for vital elements.

juices, causing slow digestion and fermentation of food, resulting in headache and that tired feeling.

It is certainly more healthful not to use condiments, peppers, and mustards by reason of their irritating effect upon the mucous membrane of the stomach, and, too, they cover up the natural food flavours.

The disinfecting of fruits or vegetables intended to be eaten raw is done by a disinfecting bath for fifteen minutes, in a solution of permanganate of potash (Condy's fluid) made by dissolving sufficient permanganate crystals in cold water to produce a deep red solution. After disinfecting, wash in several washings of cold, boiled water and they are ready to serve.

With the demand for more fruit and fresh green vegetables there comes the problem of preserving these foods for distant marketing places. There is an increasing practice of spraying fruit and vegetables with lead arsenate to protect them from destructive insects. Some of this arsenic and lead remains on the fruit until it reaches the consumer. Washing with water will remove only part of this poison. The more certain way of removing chemicals from sprayed foods is to wash them in dilute hydrochloric acid. Twelve thousandths of a grain is the legal limit of lead arsenate allowed for sprays in some countries, but fruits have been examined which contained more than ten times this legal maximum.

It is urged that before eating raw fruits which have been sprayed, these be washed with soapy water and a brush, rinsing well, then cut away the stem and calyx portions,—the two ends of the core,—as it is in these two places that most of the spray poison remains.

Dr. C. N. Myers and Dr. Binford Throne reported before the American Chemical Society that mild cases of arsenic poisoning, usually unsuspected by either physician or patient, are frequent. Their investigations had shown that arsenic was the factor causing "bald spots" or "patch baldness," and also loss of pigmentation and a certain type of abnormal pigmentation of the skin. They attributed the arsenic largely to the "increased use of arsenic spray for the destruction of insects."



The use of large quantities of fats in foods causes slow digestion, fermentation of food, resulting in a headache and that tired feeling.

The quantity of lead remaining on sprayed fruits and vegetables is often more detrimental than the arsenic. The Bulletin of Hygiene states, "We have no knowledge of the exact amount of lead necessary (to cause poisoning), or of idiosyncrasies in children who develop plumb-

ism (lead poisoning). Slight degrees and typical forms seem more common than is suspected. Many children are pale, listless, backward; they may be without appetite, may have abnormal sensations and even colic; others have headache, possibly a faint blue line on gums, or even suspicions of foot or wrist drop. . . . As a diagnostic point the possibility of exposure to lead risks has to be thought of."

Dried fruits are extensively treated with fumes of sulphur-dioxide gas to improve their appearance and prevent discolouration. It has been observed that food containing sulphur dioxide is capable of producing symptoms as "increase in uric acid, destruction of white corpuscles, belching of sulphur-dioxide gas, teeth on edge, inflammation of the mucous membranes of the mouth, symptoms of malaise, headache, backache, sick appearance, nausea, albuminuria, sensation of cold, white colour, dull eyes, listless manner."

Bakery foods, pastries, and confections as marketed in India, may contain low-grade ingredients such as imported dried or liquid eggs, or shortening fats with a high melting point, so that pies, tarts, cakes, and confections will stand up and appear fresh even with our prevailing high temperature.

The normal body temperature is 98.6 F. Normal food fats must become liquid at this temperature. If fats are used having a higher melting point, they will not become liquid after entering the body but remain as solids, often for days, causing putrefaction and interfering with the digestion of other foods.

As a prophylactic against the development of chronic illnesses, it is well to keep a check on what one is eating, and just what kind of preparatory treatment the food has received.

RECIPES



Soup makes a good beginning for a good meal.

SOUPS

CREAM OF CAULIFLOWER SOUP

3 cups milk
3 tablespoons sweet cream

3 tablespoons white flour
Finely minced parsley
Salt to taste

Wash the cauliflower thoroughly after breaking the heads into small sprigs, reserving any tender, small green leaves, and steam these. When tender rub through a coarse sieve and add to the hot cream sauce. Serve with toasted bread fingers.

Cream Sauce. Blend the flour with a little cold milk. Heat the milk to a boil and slowly add the flour paste, stirring constantly so as not to form lumps of dough. Cook slowly for ten minutes while stirring. Add the cream and a little salt to taste. A cupful of tender green peas, steamed, and added to the soup just before serving is excellent, or a cup of grated mild cheese in place of the peas and cream.

CREAM OF GREEN PEA SOUP

2 cups pea puree (pulp)
3 cups milk

$\frac{1}{2}$ cup cream
 $\frac{1}{2}$ teaspoon salt

Heat the milk; add the puree and salt and bring to a boil; add the cream and serve.

If green mint is used for seasoning, cook it with the green peas. Very little mint gives a decided flavour, so use it sparingly. Should other seasoning be desired, such as green celery leaves or parsley, mince finely and add to the soup just before it is served. A dash of paprika is acceptable with this soup.

CREAM OF SPINACH SOUP

2 cups spinach puree
4 small cups hot milk

2 tablespoons cream
Salt to taste

Thoroughly wash the spinach in several waters and steam until tender. Rub through a sieve, add the milk and cream, and salt to taste. Serve with sippets browned nicely in a little butter.

POTATO AND NOODLE SOUP

$\frac{1}{2}$ cup mashed potato
 $\frac{1}{2}$ cup green peas
Salt to taste
1 teaspoon grated onion

1 tablespoon green celery leaves,
minced, or green parsley
 $\frac{1}{2}$ cup cream
3 cups hot milk

Note: Select a regular half-pint (8-ounce) measuring cup for the cup measurements in the recipes, or have cups of uniform size so as not to make the mistake of using one large cupful of one ingredient and a small cupful of another. All measurements should be level. See pages 134 and 135 for Indian names of foods, and for table of weights and measures.

Put the cream into a fry pan and stir over a slow fire until the oil separates from the albumen and the albumen turns a light brown. Add the seasonings. Now add the pea pulp and potato, and reheat for a moment. Stir in a little of the hot milk and add to the noodles.

DAL SOUP

1 cup *dal* puree
1 cup water
1 tablespoon flour

2 cups strained tomato
1 tablespoon chopped onion
1 tablespoon butter

The *dal* should be well cooked to a thick puree and, if desired, seasoned as for the regular dish of *dal*. Add the strained tomato. Brown the onion in the butter; add the flour and brown slightly. Add the water and bring to a boil. Pour the *dal* and tomato into this; bring to a boil and serve.

BRINJAL SOUP

2 *brinjals* (large)
1 onion
3 cups of milk

1 tablespoon butter
1 tablespoon flour
1 teaspoon fresh chopped sage

Cook the *brinjals* in their skins until tender. Remove the skins and rub the pulp through the colander. Brown the chopped onion and sage in the butter; add the flour, stir, then add the *brinjal* pulp. Cook for five minutes. To this add the boiling milk; cook for five minutes, then salt and serve.

CREAM OF CARROT SOUP

2 cups grated carrots
1 tablespoon grated onion
Seasoning

1 pint thin cream
1 teaspoon minced parsley
1 tablespoon butter

Wash, scrape, and grate carrots. Add grated onion and cook slowly in one quart water for 15 minutes. Add cream, butter, and seasoning, and let come to the boiling point. Serve at once with sprinkling of minced parsley.

CREAM OF BEET SOUP

6 tender red beets
1 tablespoon butter
 $\frac{1}{2}$ teaspoon grated onion
Seasoning

1 pint cream
Grated cheese
 $\frac{1}{2}$ teaspoon nutmeg
1 pint cold water

Select tender young red beets. Peel and grate. Add one pint cold water and onion. Cook slowly until very tender. Then rub through a fine sieve with the liquid. Reheat, add butter, cream, and nutmeg. Set in icebox to cool. Serve cold. Sprinkle each serving generously with Parmesan or grated cheese.

LUNCHEON SOUP

$\frac{1}{2}$ cup chopped onion
4 cups peeled and chopped
tomatoes
1 chopped cabbage
1 cup chopped white turnips

4 tablespoons butter
 $\frac{1}{4}$ cup diced carrots
4 cups boiling water
Seasoning

Combine all vegetables. Add the boiling water and cook slowly until the vegetables are well done. Add butter and seasoning. Cook three minutes longer. Serve very hot.

BAKED DISHES

WALNUT MEAT LOAF

2 cups walnut meats, crushed
2 cups butter bean (broad bean)
puree
1 cup mushrooms
 $\frac{1}{2}$ cup browned rice
4 egg yolks, beaten

2 tablespoons butter
2 tablespoons onion, finely minced
1 tablespoon parsley
1 teaspoon sage
 $1\frac{1}{2}$ teaspoons salt

Be certain of fresh nuts, as one rancid nut may destroy delicate flavours. Butter beans are washed, then soaked overnight in plenty of cold water. The skins are easily slipped off after the soaking, and the beans cook more quickly. Put on to boil or bake in sufficient cold water to cover. Stir often and

add more water if necessary; cook until beans are a thick puree. If desired, remove the brown skins from the walnut meats by plunging them into boiling water and slipping them off with a sharp knife. Brown rice before cooking. Slightly brown the mushrooms, cut in pieces, in the butter and onion. Blend all ingredients together but the rice, and fold that in last. Pour into a buttered loaf pan, or pyrex dish, and bake in a moderate oven for an hour, or until a beautiful, golden brown. Turn the nut loaf on to a hot platter and garnish with Maraschino cherries and small sprigs of parsley. (Lentils, peas, or a good variety of tinned baked beans without meat may be substituted for the butter beans.) A sour cream sauce is a good accompaniment to the walnut loaf, if the mushroom sauce is not desired.

PEANUT MEAT

1 cup white flour	4 tablespoons peanut butter
2 cups tomato puree with juice	1 teaspoon salt
1 teaspoon sage finely minced	

Brown the flour to a deep golden brown. Mix the peanut butter with the tomato and stir until smooth; add the flour, stir perfectly smooth, adding salt and sage. Put mixture into oiled tins with tight covers. Place tins in a *degchi* containing boiling water, then cover the *degchi* and boil the nut-meat for three hours. Renew boiling water in the *degchi* if it becomes low. Remove meat from tins, slice and serve cold, or serve hot with tomato sauce. Serve either for lunch or dinner with delicious green vegetable.

Sliced peanut meat combines splendidly with baked tomatoes seasoned with Marmite; and green beans, "france beans" as the cook calls them. If you can't get the fresh beans, serve the ever present lady fingers (*bhindi*). Parboil them in boiling water, drain, sprinkle with salt, a grating of nutmeg and a little fresh lime juice. Dip each finger in the yolk of egg blended with a spoonful of milk (or peanut butter cream); roll in bread crumbs and brown in a little olive oil or butter over a hot fire. Serve hot.

Steam green beans if possible. Wash and cut lengthwise and put into a strainer, cover closely and place over boiling water—not into the water—over a hot fire. They cook tender very

quickly. Remove to a hot serving dish, and add a little salt and butter. Serve hot. Other seasonings are good too.

One precaution is to serve hot foods in hot dishes and serve them hot—not lukewarm. Each individual plate should be hot, too. If you cannot slip plates into a hot oven to heat, put them into a pan, pour boiling water over them and stand over a slow fire. This method ensures hot plates, and sterile as well, for your food.

A plate rack of wood or metal holding at least six plates is a great boon. Plunge the filled rack into boiling water; let remain for a few moments, remove, and the plates dry immediately without wiping them.

BRINJAL BAKE

Select large, firm *brinjals*. The following recipe is for three. Put the *brinjals* on to boil; when half cooked remove from the water and peel off the skin very thinly. Cut off the stem-end and carefully take out the pulp, leaving the shell unbroken. To the pulp add one-half cup of tinned or fresh asparagus heads, one small onion minced, one sweet pepper chopped and seeds removed; three-fourths cup of English walnuts crushed, two eggs and one cup fresh bread crumbs. Mix the ingredients and salt to taste. Wipe the inside of the *brinjal* shells with a clean cloth and fill with the mixture. Put these in a baking pan with a little butter. Occasionally dip the juice over the *brinjals* while they are baking. Bake in a moderate oven for forty minutes. Garnish with sliced cucumber and parsley. Serve either hot or cold.

Brinjals may occasionally appear as a tasty, scalloped dish with tomato or cheese, or in a nut loaf.

Select two medium-sized *brinjals*, peel and cut into half-inch cubes. If there are objections to the rather strong flavour, soak the cubes in salted cold water for half an hour. Drain; add boiling water and one tablespoon of chopped onion, and cook rapidly until almost tender. Drain; butter a baking dish; place half the cubes in it and sprinkle over the top a half cup of bread crumbs, slightly browned in a little butter; another layer of the cubes, then the bread crumbs; and pour over all one cup of half milk and half cream. Sprinkle a little salt,

dot with bits of butter, and bake in a moderate oven (350 degrees), for half an hour, browning top nicely.

To vary this recipe use one cup tomato in place of the milk. Boil fresh tomatoes for ten minutes; rub through a strainer to get the pulp; and to one cup of tomato add one teaspoon each of salt and brown sugar. Chop finely one small green pepper, first removing the seeds; sprinkle half over the first layer of *brinjal* cubes in the baking dish, then the buttered bread crumbs. Now the remainder of the cubes, the rest of the green pepper, the bread crumbs; and pour the tomato over all; dot with bits of butter, and bake for half an hour until nicely browned on top. Olive oil may be used in place of butter.

BAKED ONIONS

8 large onions, steamed
1 cup milk, hot
1 cup bread crumbs, browned
in butter

1 cup cheese, grated
3 tablespoons parsley, finely
minced
1 tablespoon butter

Remove the outer skin from onions and steam until tender. Place in a baking pan or glass dish that has been greased with either olive oil or butter. Season each onion with salt, or a little celery salt, and put a bit of butter and a spoonful of cheese on the top. Pour the milk around the onions and sprinkle the browned crumbs and parsley over all. Bake in a moderate oven for twenty minutes. The parsley may be sprinkled over the onions after baking if preferred.

Onions that have been cooked in sweet milk until tender are delicious. Then remove from the milk and add beaten egg yolks (one yolk to two onions) to the hot milk; cook over hot water until smooth and season with salt. Place onions in hot dish with sauce and serve hot, garnished with minced parsley.

CARROT NUT LOAF

1½ cups grated raw carrots
1 cup peanut butter
1 cup rice, browned and cooked
1 egg

2 tablespoons green or red pepper
1 tablespoon minced onion
2 tablespoons olive oil or butter

Wash rice and brown in a dry fry pan until a golden colour, then cook in boiling water, adding a little salt. Remove

the brown skins from the shelled peanuts; brown to a light golden brown over a moderate fire; grind in a meat or vegetable grinder three times so as to make a fairly fine peanut butter. Remove the seeds from the peppers before mincing; add to the carrots with all the other ingredients except the rice, and this is folded in last so as not to mash the tender flakes. Salt to taste and bake in a moderate oven for an hour. It is not necessary to use the egg unless desired. Serve with hot tomato sauce, or slice cold and serve with mashed potatoes.

SPINACH WITH NOODLES

Make the noodles with one egg, a little salt, and enough white flour to make a very stiff dough. Beat the egg until light; add salt, and mix in the flour to a smooth, stiff dough. Lay the dough on a board sprinkled with flour, and roll out thinly as though making a thin pie-crust. Dust with flour, and roll up, then with a sharp knife cut into thin slices. Drop the long strips into boiling salted water and cook for twenty minutes; drain.

Butter a baking dish and put in one cup of cooked spinach, then a layer of cooked noodles—two cups; over this put one cup of grated cheese, and pour over all one cup of white sauce. Season with a little salt and paprika on the top. Bake in a moderate oven for half an hour, and serve hot. Make the white sauce as on pages 107, 108.

SAVOURY POTPIE

3 medium-sized potatoes
1½ tablespoons butter
1 onion
1½ cups cooked *dal*

1 medium-sized carrot
3 tablespoons browned flour
½ teaspoon sage
Pastry

A sprinkle of parsley

Cut the vegetables into long, slender pieces. (The potato should measure four cups.) Put carrot, onion, two cups water, and one teaspoon salt into a saucepan, and let boil ten minutes; then add the potato and an additional cup of cold water, and bring to a boil. Rub water, savoury, and browned flour together in a small saucepan over the fire until blended. Add a little of the liquid and stir smooth. Add additional liquid, and pour it over the boiling vegetables. Salt to taste and let boil

slowly until well done; then add the cooked *dal*, and shake together. Pour into a oiled baking pan, cover with pie crust, brush with milk, mark with a knife, and bake to a nice brown.

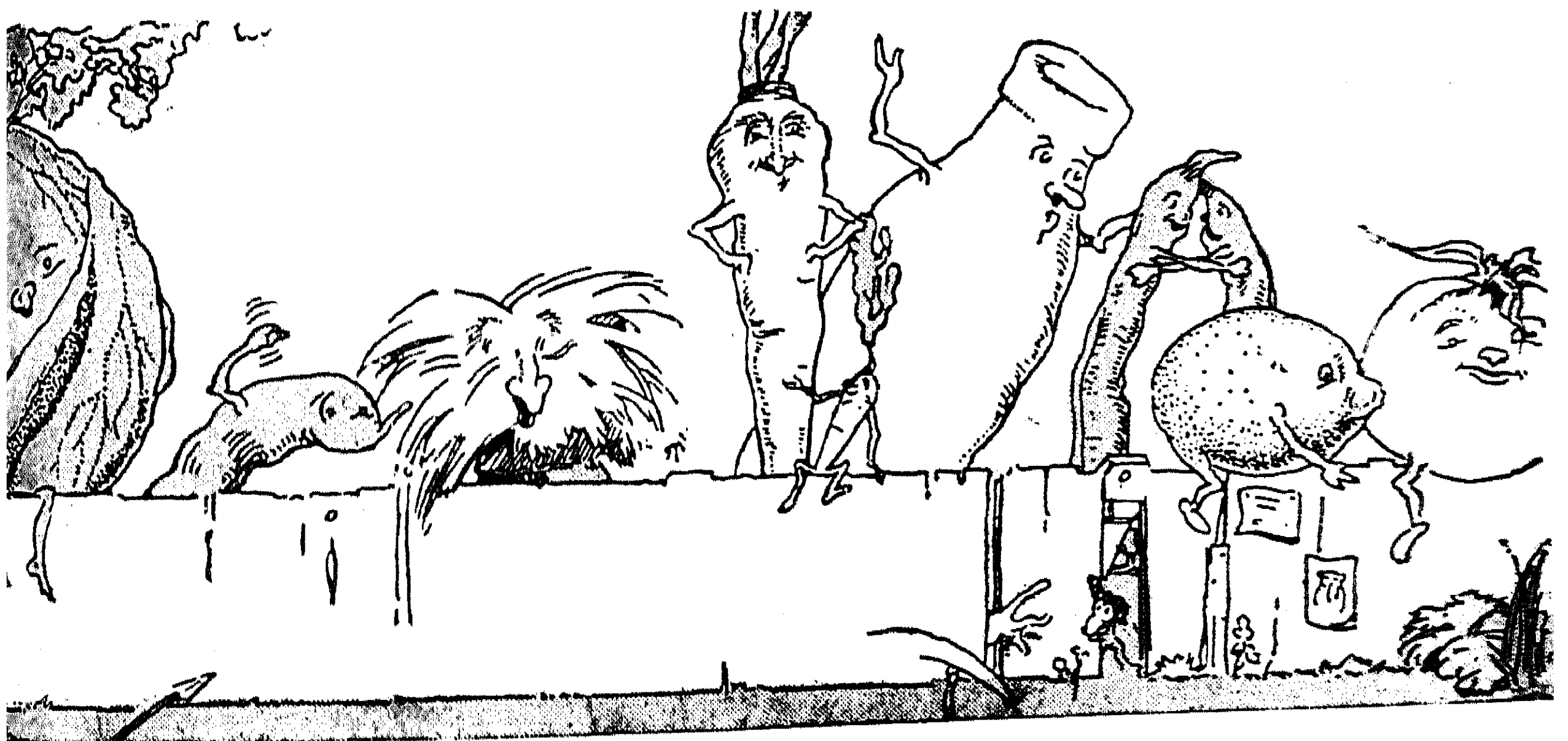
VEGETABLE LOAF

Melt three tablespoons butter and add two cups soft bread crumbs, browning slightly. Keep out three tablespoons for top of loaf, mix together the crumbs, a cupful each of carrots, green peas, green beans, and one cupful of *brinjal* or celery, four tablespoons of tomato and one teaspoon salt. Select tender carrots; wash, and slice thinly, cut the green beans into thin lengths and the *brinjal* into half-inch cubes, or if you wish to use celery, cut into tiny bits. Steam all the vegetables together. If you do not have a steamer, place vegetables in a sieve or strainer; cover, and steam over (not in) boiling water until tender. They cook tender in a few minutes and food values are conserved. To the vegetable mixture add two eggs, well beaten, half teaspoon paprika, and one cup cashew nuts cut into small bits. Place in a buttered baking dish, cover with crumbs, and bake in a moderate oven for thirty minutes. One-half cup of white sauce may be used in place of the tomato.

BAKED HARICOT BEANS

Soak two cups of dried beans (preferably Haricot beans) overnight, then put on to cook in cold water and boil for ten

Make every meal a garden party.



minutes. Drain off the water and add three cups of boiling tomato juice. Cook slowly for two hours, then add three tablespoons brown sugar, two teaspoons salt, and turn into a deep *degchi*, or baking dish, and bake for three or four hours slowly, adding boiling water, if necessary, during the baking. A half hour before removing from the oven add two tablespoons butter and brown nicely.

STRING BEANS AU GRATIN

1 lb. small string beans	$\frac{1}{2}$ cup grated cheese
$\frac{1}{2}$ tablespoon salt	3 tablespoons heavy cream
$\frac{1}{4}$ tablespoon paprika	

Wash and string beans—get the thin stringless beans if possible; steam until tender. Dry them thoroughly on a clean cloth. When well dried, place one half in a greased baking dish; season, and cover with grated cheese; pour over cream. Repeat, having the top layer of cheese. Place in a moderate oven to heat until cheese melts and browns slightly. Time, about thirty minutes.

EGG DISHES

EGG AND CHEESE ON TOAST

4 slices of white bread	8 tablespoons grated cheese
6 eggs	$\frac{1}{2}$ cup fresh milk
$\frac{1}{2}$ teaspoon salt	

Toast the bread to a nice brown; butter and cover to keep warm. Add the salt to the eggs; beat until light and add the milk. Heat the frying pan very hot, preferably an iron one, and butter it a little to prevent the eggs from sticking; pour in the beaten eggs and draw the pan to a slower fire. Stir gently from the bottom, allowing the eggs to thicken to a thick custard, but not to separate.

Remove from fire immediately and dish up on the slices of toast, each piece having been moistened with a tablespoon of hot cream. Grate delicious fresh cheese over the top and

garnish with finely shredded lettuce leaves. Serve at once. This is an excellent dish for either breakfast or lunch.

TOMATO EGG TOAST

Toast the required number of slices of bread to an even brown; butter, and cover to keep warm. Poach one egg for each slice. Put one tablespoon cream over each slice and put an egg to each piece. Cover with thick tomato sauce and grate a thick covering of cheese over the top. Serve hot for lunch. Sprinkle shredded lettuce or fresh celery leaves over the top of each serving.

Stew one small tomato for each piece of toast. Cut the tomatoes, put on to cook without water; cook for ten minutes. Rub through a strainer, add salt to taste, and a tiny bit of sugar. Thicken the strained tomato with a little flour, one tablespoon of flour to one cup of strained tomato. Cook for five minutes. A cupful of sauce is needed for six pieces. Pour this hot tomato sauce over the poached eggs on toast. Poach the eggs in this sauce, if desired, putting in one egg at a time to poach.

BAKED EGGS IN TOMATO

Prepare a tomato sauce as in the above recipe, and when it is boiling hot, break the required number of eggs into it; sprinkle bread crumbs over the top, a little salt, and tiny bits of butter. Put into the oven and bake until the eggs are cooked. The eggs may be baked in individual dishes and served in these.

SCRAMBLED EGGS

To six eggs add one-half cup of rich milk and one-half teaspoon salt. Beat until smooth and pour into a hot buttered frying pan. Stir the eggs gently from the bottom until set to a thick, creamy custard but not too hard a consistency. Remove from the fire at once or it becomes watery. Serve immediately while hot and fluffy. Serve on toast, if desired.

SCRAMBLED EGGS WITH ONIONS

2 tablespoons melted butter
2 tablespoons minced green pepper
2 minced onions

4 tablespoons thin cream
Seasoning
Watercress

6 eggs

Cook butter, green pepper, and minced onion in double boiler five minutes. Turn into hot skillet, add the six eggs, well beaten with the cream. Stir constantly and cook until eggs are done. Garnish with watercress and serve at once.

PLAIN OMELET

4 whole eggs

4 tablespoons boiling water

Separate eggs; to yolks, add seasoning, and beat until lemon-coloured and thick; then stir in quickly the boiling water and fold in the stiffly beaten whites. Have omelet pan buttered, sides and bottom, and hot; pour in egg mixture. Spread evenly; cook slowly. When browned on the bottom and puffed, fold over and serve at once.

ONION OMELET

Stir minced onion into plain omelet.

JELLY OMELET

Fold in omelet three tablespoons of jelly of any desired flavour (jelly not made with white sugar).

CHEESE OMELET

Just before serving sprinkle omelet with Parmesan cheese or grated American cheese.

FLUFFY OMELET FOR TWO

3 eggs

1 teaspoon cream or water

Separate the yolks from the whites. Add a little salt and paprika to each. Beat the yolks full of air bubbles and add the cream. Beat the whites of eggs to a stiff froth, then add three or four drops of fresh lime juice and fold the yolks into this very lightly.

Have the fry-pan hot; oil with a little butter or olive oil; pour in the egg mixture and place over a moderate fire. When a delicate brown on the bottom, fold the omelet over on to

itself. Let stand for a moment; remove from the fire on to a hot plate and serve immediately.

If a savoury omelet is desired, place on the omelet before it is folded, a little grated cheese, or finely sliced new onions, or thinly sliced green pepper, first having removed the seeds. Some enjoy the sweet omelet made by adding a little orange marmalade, or a tart jelly or jam.

CHEESE AND EGG SOUFFLE

3 eggs
1 cup grated cheese

$\frac{1}{2}$ cup milk

Whisk the yolk of the eggs with the milk, adding a little salt and paprika, and one teaspoonful of finely minced parsley. Add the cheese. Whip the whites of eggs until stiff; fold into the cheese mixture; pour into a warm baking dish that is oiled, and bake in a moderate oven for one-half hour. If you find it more convenient to put the dish in warm water and bake as you would a custard, do so. It will be light and fluffy and a beautiful light brown on the top when done.

Serve at once with hot green peas and creamed young onions for the wholesome lunch.

If you cannot steam the new green peas, cook them in just sufficient boiling water to ensure making them tender. If they must stand half an hour or more before serving, do not keep them heated in a hot box, for the beautiful green colour will change into dirty brown with a continued heat, and flavours be lost as well. Add very little salt and a pinch of sugar before removing from the fire.

SOYA BEAN RECIPES

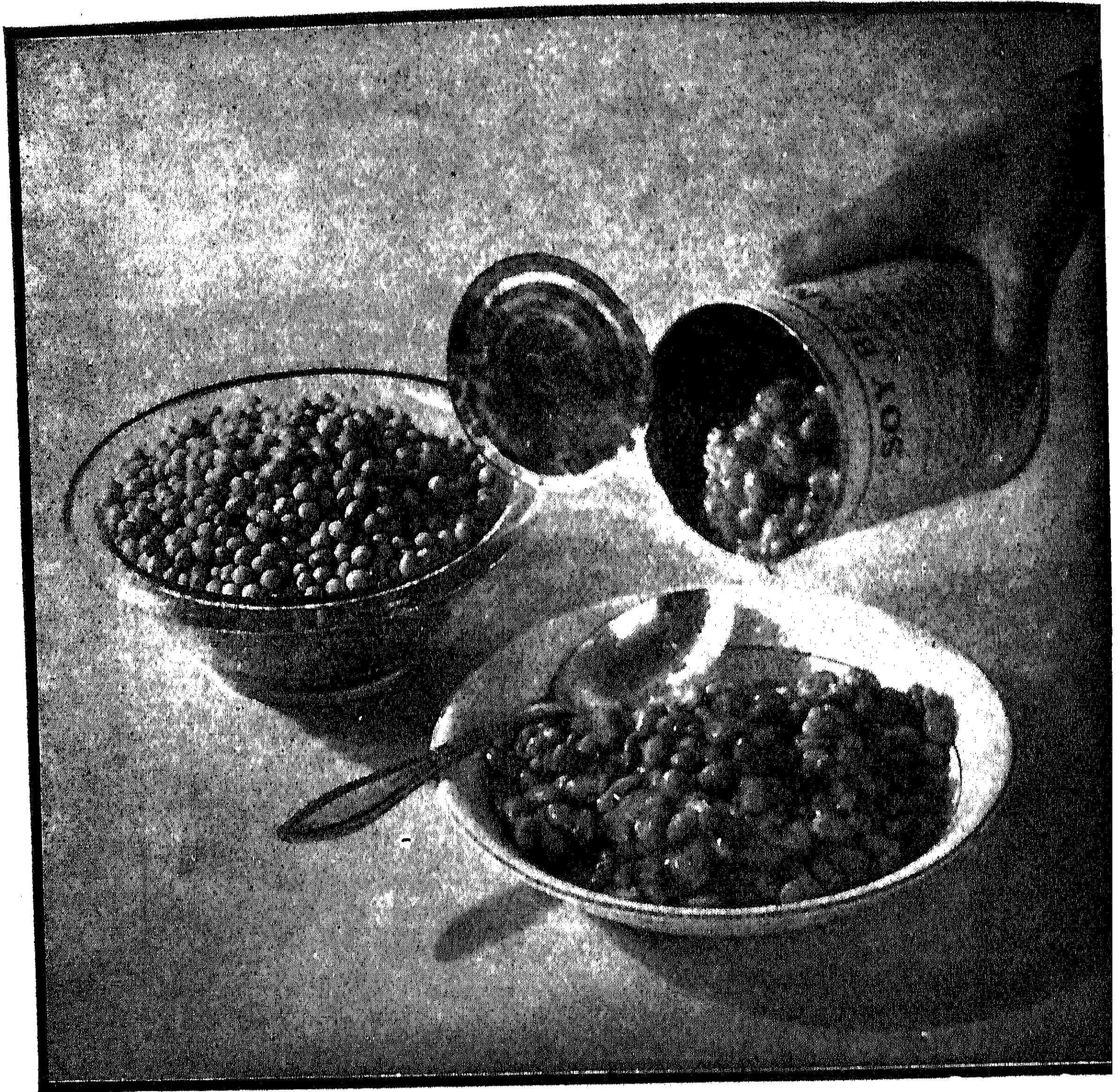
SOYA BEAN LOAF

Two cups soya beans
One cup strained tomato
1 onion
1 teaspoon sugar

3 tablespoons salt
2 bay leaves
 $\frac{1}{2}$ teaspoon thyme
1 tablespoon butter or oil

Soak the beans overnight. In the morning drain and grind them through a food mincer, using the nut-butter disk. Put the

F.—7.



The soya, or soy, bean is a prime all-round food for any people.

strained tomato, bay leaf, sliced onion, and thyme into a saucepan and boil till reduced one half. Rub through a colander. Add to the ground beans, together with the salt, sugar, and butter. Steam or boil in a double cooker for three hours. This may be eaten cold, grilled, or used for sandwich filling.

SOYA BEAN CROQUETTES

One cup cooked soya-bean mixture
2 tablespoons chopped nuts
or olives

One cup cooked rice
1 egg
1 teaspoon salt

Shape into croquettes, roll in egg and flour, bake in oven.

SOYA SPREAD

A very tasty and wholesome spread may be made by rubbing cooked soya beans through a colander and mixing in a little Marmite, or soya sauce. This can be used on bread or in sandwiches.

A tinned soya spread may be had which out-rivals potted meats for taste and of course is entirely wholesome. Almost any user of meat would find it a satisfactory substitute.

FRESH GARDEN VEGETABLES

CAULIFLOWER IN CREAM

BREAK a medium head of cauliflower into flowerettes, three large cupfuls, and steam just long enough to be tender. Arrange in a buttered casserole or baking dish; pour one small cup of cream over all, and top with one cup of grated cheese. Bake in a moderate oven until a delicate brown on top. The white sauce with or without the cheese can be used.

STEAMED CAULIFLOWER

1 cup tomato sauce

1 large cauliflower

Separate cauliflower into flowerettes. Tie in four even bundles. Steam until tender. Serve with tomato sauce.

CAULIFLOWER AND PEAS

1 head cauliflower

2 cups peas

2 tablespoons melted butter

Remove the outer leaves from the cauliflower, and let stand fifteen minutes in cold water. Cook while uncovered in boiling water until tender but firm. Salt when about done. Separate into flowerettes and arrange on a vegetable dish. Fill the centre of the dish with a mound of peas and serve with melted butter.

CREAMED PEAS

4 cups tiny green peas

1 cup sweet cream

Steam peas until tender. Add cream; heat until steaming.

MINTED PEAS

4 cups steamed peas

2 tablespoons chopped mint

2 tablespoons butter

Combine and serve hot.

GREEN PEA PUFF

2 cups steamed potatoes

4 tablespoons butter

2 cups steamed peas

2 cups cream

Put potato and peas through ricer together. Beat until light with butter and cream, and then serve.

CARROT PUREE WITH PEAS

1½ cups carrot puree

1½ cups steamed tiny peas

2 tablespoons butter

Stir peas into puree. Dot with butter. Cook in buttered casserole in moderate oven for twenty minutes.

RICED CARROTS

1 pint carrots

½ teaspoon salt

1 tablespoon butter

Wash, scrape, and slice young carrots. Put into saucepan with very little water and cover closely or steam until tender. Put through ricer; season and add butter.

CARROT ROLLS

Scrape eight even-sized, small young carrots and steam until tender. Use maple syrup or make a syrup of brown sugar, —half a cup; add one tablespoon butter, and put in glass pie dish. Dry the carrots and place in the syrup. Put in a moderate

oven and bake until syrup begins to brown and thicken. Serve on individual serving dishes.

TASTY ASPARAGUS

1 bunch asparagus
2 onions, sliced
Seasoning

3 tablespoons cooking oil
or butter

Boil asparagus twenty minutes. Remove tough portions, saving one cup of liquid. Saute finely sliced onions in oil or butter five minutes. Add asparagus and liquid. Simmer ten minutes. Season and serve hot.

BUTTERED ASPARAGUS

Cut off tough ends of stalks from a bunch of asparagus. Wash and peel the tough fibre; tie in a bunch in kettle with cold water. After boiling fifteen minutes, add the asparagus tips, being careful not to bruise or break the tips. Add salt to taste and boil gently until the tips are tender. Remove from liquid carefully with a skimmer ladle. Pour over melted butter and sprinkle with Parmesan cheese and paprika. Serve hot. Cheese may be omitted. Use asparagus liquid for soup.

CELERY STEWED

1 bunch stalk celery
 $\frac{1}{2}$ teaspoon butter

$\frac{1}{2}$ cup cream
1 egg yolk

Wash, scrape, and cut the outer stalks of celery into pieces one inch long. Steam or cook in very little water in double boiler over boiling water until tender. Then add egg yolk beaten with cream and seasoning. Stir and cook until it thickens.

CELERY IN BROWN SAUCE

Cut enough crisp celery into two-inch pieces to make one quart; cook in salted boiling water for twenty minutes. Melt in a saucepan one tablespoon of butter; add an equal quantity of flour, and cook together until brown. Add gradually one cup of good strong stock, stirring until thickened and smooth. If the stock was not previously seasoned, add salt and seasoning to

taste, but in any case add one teaspoon of ketchup. Drain the celery, add it to the sauce, and stew gently about twenty minutes, or until the celery is tender, stirring occasionally. Serve at once.

BAKED BEETS

Scrub beets. Do not cut tops away until after beets are cooked. Bake in glass casserole in moderate oven until tender. Small young beets are most satisfactory for baking.

BUTTERED BEETS

4 tablespoons butter

4 cups baby beets

Steam beets until tender. Remove skins. Shake in melted butter and serve hot.

PICKLED BEETS

1 pint cold cooked beets

$\frac{1}{2}$ teaspoon salt

$\frac{1}{4}$ teaspoon nutmeg

$\frac{1}{4}$ teaspoon caraway seed

$\frac{1}{4}$ teaspoon paprika

1 pint lemon juice

2 sticks cinnamon, broken

2 tablespoons brown sugar

1 small bay leaf

Slice the beets, place in a stone or Mason jar. Bring the lemon juice, sugar, and spices to a boil, and cook slowly three minutes. Pour over beets.

ONIONS BAKED WITH TOMATO SAUCE

12 white onions

2 cups tomato puree (thick)

$\frac{1}{4}$ cup butter

2 tablespoons shredded green pepper

$\frac{1}{2}$ teaspoon celery salt

Dash of paprika

Cook onions in boiling water or steam until tender. Place in buttered casserole and pour over the tomato puree which has been mixed with butter, green pepper, and seasonings. Bake in moderate oven.

STUFFED SPANISH ONIONS

4 Spanish onions

$\frac{1}{8}$ green pepper

$\frac{1}{2}$ cup cooked brown rice

2 egg yolks, beaten

1 pimento

$\frac{1}{2}$ cup thin cream

$\frac{1}{2}$ teaspoon salt

2 tablespoons butter

Peel onions. Boil whole or steam until tender, but not broken and mushy. Cool and cut out centre of onion from root, leaving the shell. Chop the removed onion; mix all ingredients together and stuff the onion shell. Brush with butter. Bake in a moderate oven (350 degrees F.) about thirty minutes, or until brown. Serve hot. Half a cup of nuts, sausage, chicken, or any kind of left-over meat, finely chopped, may be used in place of rice.

CABBAGE IN CREAM, AU GRATIN

3 cups steamed chopped cabbage $\frac{1}{2}$ cup heavy cream
 $\frac{1}{2}$ cup grated cheese

Whip cream. Arrange in buttered casserole in alternate layers with cabbage. Top with cheese. Bake, uncovered, in moderate oven.

CASSEROLE OF CABBAGE AND ONIONS

$2\frac{1}{2}$ cups steamed cabbage 4 tablespoons melted butter,
 $1\frac{1}{2}$ cups steamed onion rings plus one teaspoon parsley
 $\frac{1}{4}$ cup grated cheese

In buttered glass casserole, arrange cabbage and onions in layers. Sprinkle a little parsley butter over each layer. Top with grated cheese. Bake in moderate oven.

SWEET AND SOUR CABBAGE

1 quart cabbage 2 tablespoons lemon juice
 3 sour apples 2 tablespoons butter
 4 tablespoons brown sugar 1 tablespoon ground cinnamon
 Season to taste

Shred the cabbage fine; add the peeled and cored apples cut in quarters. Heat the butter in a thick stew kettle; add cabbage and apples; pour one cup boiling water over them (add more boiling water later if necessary), and let cook slowly until tender. Add the lemon juice, cinnamon, and sugar. Cook ten minutes longer and serve very hot.

STUFFED POTATOES

Wash and scrub potatoes with a brush until thoroughly clean. Lay on the grate or in a baking pan in a medium hot oven, and bake until they feel soft when pressed between thumb and fingers. Remove from the oven, cut off one end, and carefully spoon out the inside; mash, add salt and hot cream, or hot milk and butter, and heat all together for a moment. Fill the potato shells, heaping the top, and put into a hot serving dish. Stand in the hot oven for two or three minutes and serve while fluffy.

POTATO BALLS

6 potatoes mashed
6 hard-boiled eggs
1 $\frac{1}{4}$ teaspoons salt

$\frac{1}{4}$ tablespoon celery salt, or
1 tablespoon minced fresh celery
leaves

3 tablespoons butter

Season the mashed potatoes with one teaspoonful of salt and two tablespoons of butter. Prepare the filling by mashing the eggs and mixing with one tablespoonful of butter and one-fourth teaspoonful of salt and the celery. Make six balls of the mashed eggs and cover each with mashed potatoes. Brush with milk and bake until browned.

POTATO CAKES

To a cup of thick *dal*, well seasoned, add one-half cup of grated cheese, also a few bread crumbs to hold them together. Mix well and form into the required number of balls. Around each ball form a layer of mashed potato; roll in bread crumbs and brown in a little hot vegetable oil or butter to a golden brown. Serve with spinach for lunch.

BROWNEED POTATOES

Wash and put potatoes on to boil in their skins. When tender, peel and place them in a baking pan. Spread a little melted butter over each one and put in a hot oven to bake to a golden brown.

SCALLOPED POTATOES

5 large potatoes
1 tablespoon butter

3 cups milk
1 tablespoon flour
 $\frac{1}{2}$ teaspoon salt

Wash, peel, and thinly slice the potatoes. Butter a baking dish and arrange a layer of sliced potatoes in the bottom. Put over this bits of butter, a little flour and salt. Then place another layer of potatoes and sprinkle over this the remainder of the salt, flour, and butter. Pour the milk over all and bake in a moderate oven for an hour or until potatoes are tender when pierced with a fork, and most of the milk absorbed or in a thick sauce. Brown the top and serve hot. The milk should cover the potatoes, and the baking dish be deep enough so as not to allow the milk to boil over when put in the oven. When new potatoes are obtainable scrub them with brush and soap, rinse in clean water, and wipe off all the thin skin possible on a coarse towel. Slice potatoes very thin and bake in a baking dish using just enough milk to cover the potatoes. Potatoes prepared as above contain all the food value, and are delicious in flavour.

SAVOURY POTATOES

6 medium-sized potatoes
3 large onions
 $1\frac{1}{2}$ teaspoons Marmite

$2\frac{1}{2}$ tablespoons butter or
cooking oil
 $1\frac{1}{2}$ teaspoons salt

Put the fat in a hot kettle and add the thinly sliced onions. Brown to a very golden brown; remove the fat and add the peeled potatoes. Brown a very little, then add the onions, also sufficient hot water to almost cover the potatoes. Boil until nearly tender, and add the Marmite, cooking all together until tender and a delicious brown. Thicken the sauce with a very little flour if desired, and boil for ten minutes. Serve hot.

SAVOURY MARROW

Wash a tender young marrow but do not peel it. Cut into inch pieces and remove the larger seeds. Melt two tablespoons of butter (olive oil may be used) in an enamel saucepan or baking dish, and add two large onions, minced; cook until a

delicate brown. Then add the marrow, one teaspoon each of salt and sugar, and cook gently for fifteen minutes. Add one cup of tomato puree and bake in a moderate oven for thirty minutes. May be covered and cooked gently over the fire, stirring occasionally. One-half teaspoon of Marmite added gives a pleasing flavour.

BRINJAL CUTLETS

Slice the *brinjal* three-fourths inch thick; pare the slices, then dip them in beaten egg and water. Roll them in bread crumbs, and lay on an oiled pan. Sprinkle with salt, brush over with melted butter, and bake on the grate of the oven till tender and browned. Serve with brown gravy.

CUCUMBERS

Cucumbers, or the small white pumpkins, are delicious when stuffed and baked. Peel and parboil in boiling water. Drain and cut in half crosswise; remove the seeds and stuff the halves with the following mixture: Boiled rice, or the same quantity in bread crumbs, also half the quantity of crushed English walnuts as of rice. Add salt, grated onion, and sage, and sufficient tomato juice to make a stiff mixture. Pack into the halves, and place in an oiled baking pan; dot with bits of butter; cover, and bake in a moderate oven. When tender remove the cover, brown quickly, and serve hot as a vegetable.

GRAVIES AND SAUCES

BROWN GRAVY

1 small onion
Butter and oil to moisten

1 small tomato
1 heaping tablespoon flour

Brown flour and onion in the oil. Add tomato cut in three or four pieces. Cook until tomato is tender. Add potato water. Beat with coarse egg whip so it will not lump. Salt to taste. Cook up well. Strain and serve.

EGG GRAVY

Fry an egg in butter and oil until quite hard. Remove frying pan from stove. Cut egg with knife and fork. Put on stove. Add large tablespoon of flour. Heat thoroughly. Add potato water and milk. Cook up. Salt and serve. It is very good with mashed potato.

POTATO GRAVY

Dice potato fine. Fry brown and crisp in oil and butter. Add flour and brown slightly. Add potato water, milk, and salt. Cook up and serve.

SOUR CREAM SAUCE

1 cup sour cream	1 teaspoon onion, grated fine
1½ tablespoons flour, browned	

In a dry pan brown the white flour to a golden colour, being careful not to burn; boil the sour cream until it separates and browns, stirring constantly. Add the onion. To the flour add three-fourths cup sweet milk; stir, and cook until smooth; salt to taste, and add the cream; bring to a boil, and serve hot with nut loaf or baked potato.

CREOLE SAUCE

2 cups stewed tomatoes	1 clove of garlic (if desired)
1½ tablespoons oil	Sugar, salt, and parsley to taste
½ cup ground onion	½ cup ground pepper

Put the oil, onions, and pepper into a saucepan; cover, and let simmer for a few minutes. Add the tomatoes, and let boil for ten or fifteen minutes. Add the seasoning to taste.

CHEESE WITH WHITE SAUCE

1½ cups milk	2 cups cream
½ teaspoon salt	One-third teaspoon paprika
3 tablespoons white flour	

Moisten the flour with a little of the cold milk and stir perfectly smooth. Heat the milk to boiling; add the flour

paste while stirring constantly so that no lumps are formed. Boil slowly for ten minutes, then add one cup grated cheese (the sweet, mild variety is preferable), and stir until smooth. Add the cream, paprika, and salt, and pour over the vegetables.

The white sauce without the cheese is equally as delicious and can be served with various vegetables. Paprika may be replaced with other delicate seasonings such as green leaves of mint, sage, or parsley, finely minced, or using nutmeg or celery salt according to the vegetable served and your preference considered.

Steam a medium-sized cauliflower. Put the steamed cauliflower in a hot serving dish and pour sauce over it and serve hot.

SAUCE

3 tablespoons butter
One-third teaspoon paprika
2 tablespoons fresh lime juice

2 teaspoons salt
2 tablespoons minced green pepper

Melt the butter adding the other ingredients, heat and pour over the steamed vegetable.

SALADS AND DRESSINGS

FRENCH DRESSING

6 tablespoons olive oil

2 tablespoons lemon juice

Blend thoroughly. You may wish to add a little salt and sugar. This is the base of all French dressings. With the addition of cream, tomato juice, onion juice, minced parsley, or celery is made possible various dressings for many different salads.

MAYONNAISE SALAD DRESSING

1 egg yolk
3 tablespoons lemon juice

1 cup olive oil, or salad oil
1 teaspoon salt

Put the egg yolk and lemon juice into a cold bowl and beat with an egg-beater until well mixed. Begin to add the olive oil one-half teaspoonful at a time, and continue to beat

until the oil is well beaten into the yolk; gradually add more oil and continue to beat until the dressing becomes thick. Beat in the salt and remainder of the oil.

Success in making mayonnaise depends upon all ingredients being cold and adding the oil very slowly, especially at first.

To make a pink mayonnaise add one-third cup of cooked tomato, strained, to one cup of mayonnaise dressing.

FRUIT SALAD DRESSING

4 tablespoons olive oil	3 cups orange juice
One-third cup lemon juice	2 tablespoons honey
	2 egg yolks

Bring the juices and honey to a boil. Slowly add some of the boiling juice to the well-beaten yolks of eggs, while stirring constantly, then add this mixture to the boiling juice. Remove from the fire. (Add two-thirds cup of cool cream, if desired.)

CABBAGE SALAD

2 cups cabbage, finely shredded	1 teaspoon honey or brown sugar
1 cup apple, finely chopped	$\frac{1}{2}$ cup mayonnaise
$\frac{1}{2}$ cup cashew nuts, crushed fine	

Select a new head of cabbage; wash, and shred with a very sharp knife, or run through a meat grinder. All ingredients should be cold. Serve at once on crisp lettuce leaves.

Raw cabbage, crisp and cold, and finely shredded, combined with mayonnaise, is a delightful salad; when combined with either dates, pineapple, raisins, apple, or nuts, is a salad of good food values. Select a firm head of cabbage fresh from the garden. Remove the outer leaves, wash, cut in halves with a very sharp knife, and then shave into finest shreds. Wash again in cold boiled water, dry between clean cloths, and place in a bowl to be chilled. Do not add the dressing or salt until about ready to serve, for these draw the moisture from the cabbage.

VEGETABLE SALAD

1 cup spinach, chopped fine and steamed	1 cup green peas, steamed
1 tablespoon finely minced parsley	1 tablespoon finely minced onion
1 cup grated raw carrot	4 tablespoons French salad dressing

Put all ingredients into a bowl and with a fork toss them together.

If spinach and peas are young and tender, clean them thoroughly and use them raw.

CARROT SALAD I

2 cups grated carrot

2 cups shredded orange

Mix with mayonnaise dressing and serve on sliced banana, garnish with walnut meat halves.



Of course you may eat them this way, but they are better in salad.

CARROT SALAD II

3 cups grated carrot

Mix with cream and lemon dressing. Cover with one cup grated fresh coconut.

LETTUCE AND TOMATO SALAD

Lettuce and tomatoes dressed with mayonnaise, with the addition of ripe olives, make a delicious salad.

MANGO SALAD

Peel and slice thinly firm, ripe mangoes. Arrange on slices of pineapple cut one-half inch in thickness. Cover with a generous amount of shredded orange, and pour over all a dressing of orange and lemon juice (not forgetting the juices of pineapple and mango) to which has been added a little honey or brown sugar.

Sprinkle the top generously with grated fresh coconut and serve cold.

Fresh grapefruit is delicious in place of orange in this salad.

Chopped apple, mixed with a little cream and sugar, or orange, makes a choice salad. Serve on crisp lettuce with French dressing.

GUAVA SALAD

Peel ripe guavas, slice or chop, and add one-half the quantity of chopped apple or diced pineapple. Sprinkle generously with crushed nuts. Mix with condensed milk dressing and serve on watercress.

BREADS

THE best entire wheat flour is made from the hard wheat grown in the northern districts of India, and makes the best entire wheat bread. Only the outer husk is removed from the grain before grinding into flour. Such a wheat flour contains all the gluten, the rich proteins and oils, vitamins, mineral salts, starches, also the laxative qualities included in the bran—the outer covering of the grain.

Wheat is rich in gluten and this gluten is necessary to make leavened or yeast bread. Gluten when moistened and kneaded becomes so tenacious that it confines the gas formed in the dough by the yeast making the bread light and porous. The flour should be ground fairly fine in order to prevent the gas formed in the dough from escaping, otherwise the bread will not be sufficiently light, but heavy in appearance.

The entire wheat flour dough should not be allowed to rise until too light—and it rises more quickly than white dough

—as it becomes coarse-grained and loses its delicious flavour through too long fermentation. This also applies to the loaf when moulded and put into the pan to rise. When the loaves are made, mould them lightly in the hand, not on the board.

When using entire wheat flour for the dough it should be made soft—so soft, in fact, that it is somewhat difficult to knead on the bread board.

Ata bread should be baked in a hot oven. Do not set the sponge before nine or ten o'clock at night and make into dough in the early morning; in fact in hot weather the sponge is ready to make into dough by five in the morning. If sponge is left to rise too long, it sours, and a sour bread is the result. All water may be used in bread making in place of milk. In fact, on the hot plains, it is better to use water instead of milk.

ATA OR ENTIRE WHEAT BREAD

Sponge:

2 cups (1 lb.) white flour	1½ cups (15 oz.) cold water
1 cup (10 oz.) fermented sponge	

One cup of fresh potato yeast or two small yeast cakes can be used in place of fermented sponge.

Sift the flour into a large bowl or *degchi*; add the water and beat briskly for three minutes or until batter is perfectly smooth. Add the yeast or fermented sponge; beat again for a minute. Cover and wrap up in something warm and set aside to rise overnight. In the early morning the sponge is light and full of air bubbles throughout.

Dough: Add to the sponge four teaspoons salt and one tablespoon sugar; two cups (1 lb. 4 oz.) fresh milk, boiled and cooled to lukewarm (water may be used in place of milk).

Sift two and a half cups (1 lb. 4 oz.) of *ata*. Add one cup to the sponge and beat with a large spoon until smooth. Now add most of the remainder, mix and turn out on a board or large platter that has been generously sprinkled with *ata*.

Knead by turning part of the dough over and over on to itself, just as you would make the dough for nice, light *chapaties*. Knead from ten to fifteen minutes until dough is smooth and

soft. *Ata* differs in gluten, so it is well to add it slowly to the sponge, as you may not need the full amount. The dough should be soft, for if stiff, it makes a dry, hard loaf when baked.

NUT AND RAISIN BREAD

To make nut and raisin bread add a large cup of seeded raisins and a large cup of crushed English walnuts (be careful that nuts are fresh) to the dough while kneading it. Allow the dough to rise, and put into pans. Let rise again and bake in a moderately hot oven.

WHITE BREAD

White bread is made the same as *ata* bread, but white flour is used in making the dough instead of *ata*.

WHOLEWHEAT GEMS

1 egg	1 cup milk
1 cup white flour	$\frac{3}{4}$ cup wholewheat flour
$\frac{1}{4}$ cup oil or thick cream	Salt to taste

Break egg into the butter bowl. Add the milk, oil, and salt. The flour should be sifted before it is measured. Add the flour a handful at a time, beating it briskly into the mixture. Do not stir. After the flour is all added, beat thoroughly for a few moments. Pour into heated gem irons which have been slightly oiled. Bake in quick oven until brown. This takes from thirty to forty-five minutes. Graham or any other flour may be used instead of wholewheat, or all white flour may be used and currants added.

ATA ROLLS

Put a cupful of rice water into a cold bowl, add one-half cup of cream and one teaspoon salt. Sprinkle slowly into this sufficient *ata* to make a stiff batter; beat thoroughly for a moment so as to incorporate all the *ata*, then add a little more to make a soft dough. Turn out on a floured board and knead the dough with the tips of the fingers, folding over and over for three minutes. Cut into five portions. Roll each portion into a roll three-fourths inch thick and cut into three-inch lengths.

Lay on a tin and bake in a moderate oven until nicely brown and crisp.

Serve hot for lunch or tea.

BRAN MUFFINS OR SCONES

$\frac{1}{2}$ cup milk
3 tablespoons melted butter
2 eggs
 $\frac{1}{2}$ cup seeded raisins, chopped

$\frac{1}{2}$ cup water with ice in it
 $1\frac{1}{2}$ cups flour, sifted
 $\frac{1}{2}$ teaspoon salt
 $1\frac{1}{2}$ tablespoons treacle or brown sugar

Mix the bran, raisins, and flour together. Put egg yolks in a cold bowl and whip until light. Add all the other ingredients but the egg-white and mix well. Add the bran mixture to this liquid and beat until smooth.

Now beat the white of eggs until stiff and fold into the batter. Bake in oiled muffin tins in a medium hot oven until nicely browned—about one-half hour.

The breakfast bran used as a breakfast food can be used in place of ordinary bran and is much nicer.

ZWIEBACK

When the bread is one day old, cut it into slices one-half inch thick. Lay these slices on a baking sheet, and toast in a slow oven till thoroughly dry throughout and delicately browned.

CORN BREAD WITHOUT YEAST

2 eggs
1 cup milk or cream

1 cup corn meal
Salt and sugar to taste

Add sugar and salt to corn meal. Bring milk or cream to the boiling point. Pour over corn meal, stirring to prevent lumping. Separate whites and yolks of eggs. Beat each very stiff. Fold yolks of eggs into whites. Add corn meal mixture. Fold through eggs thoroughly and bake in quick oven.

CRISP CHAPATIES

2 cups *ata*
 $\frac{1}{2}$ teaspoon salt

$\frac{1}{2}$ cup thin cream
Enough water to make fairly stiff dough

Mix cream with *ata* and salt. Add slowly enough cold water to make a dough of suitable consistency to roll out thinly. After rolling thin *chapaties*, place on ordinary *tawa* (as used for *chapaties*). Bake a short time on both sides. Take from *tawa* and hold over fire till they puff out. Finish by baking in medium oven till of a light brown.

SELF-WORKING YEAST

2 potatoes (large size)
 $\frac{1}{2}$ oz. hops
 4 cups cold water

1 cup white flour
 $\frac{1}{2}$ cup white sugar
 $1\frac{1}{4}$ teaspoons salt

Tie the hops in a coarse cotton cloth and boil one hour in the water. Allow this to cool until lukewarm; squeeze the liquid from the bag of hops and remove the bag. Add this liquid to the sifted flour, stirring into a smooth batter; add the sugar and salt. Now set it away for two days in an open jar covered only with a piece of clean cloth. Keep in a moderately warm place.

On the third day peel, slice, and boil two large potatoes in just enough water to cover. When cooked, mash the potatoes thoroughly and add to the flour batter that was made two days previously, mixing well. Allow this to stand for twelve hours in the open jar with only a clean cloth as a covering, stirring often and keeping it in a moderately warm place. Scald a clean jar with boiling water and turn the mixture from the first jar into the clean one. Cover well, and put away in a dark, cool place.

This is the yeast-starter from which the first fresh yeast is made for the bread-making. This self-working yeast needs no "rising" or yeast to excite fermentation. If kept in a cool place and jar covered it will keep for some time.

DRY YEAST—FLORYLIN

For those who prefer it, there is on the market pure bakers' yeast in a concentrated form, called Florylin. The directions contained in the tin are for a large amount of flour. For a smaller amount the following is suggested.

For sponge: One dessertspoonful Florylin (dissolved in a little tepid water according to directions given in tin) to one

pound of white flour. To make the dough, knead into the sponge about two pounds of *ata*—enough to make four small loaves.

DESSERTS

PLAIN RICE PUDDING

1 cup rice
8 cups milk

3 teaspoons sugar
 $\frac{3}{4}$ teaspoon salt

Clean and wash rice in several waters. Fresh whole milk from which the cream has not been removed is the best. Pour the milk into a deep baking dish or a *degchi*; add the rice and seasonings and place in a slow oven to bake fully two hours. Do not stir, but allow each grain to be whole yet creamy. If you do not have an oven put the rice and milk in the top part of a steam boiler and bring to a boil. Then set this into the lower boiler in which is boiling water; cover, put over a hot fire, and steam until all milk is absorbed and rice is soft and creamy. Brown the top and serve either hot or cold. A flavour such as cardamom may be added. This pudding is delicious served cold with prune fluff or stewed fruits.

COCONUT RICE PUDDING

1 cup rice
1 large coconut

1 tablespoon sugar
 $\frac{1}{2}$ teaspoon salt

Scrape the coconut, add one cup of warm water, and allow it to stand for three minutes. Press out all the milk possible and strain. Stand this coconut milk aside and add four cups of warm water to the same coconut shreds, allowing it to stand twenty minutes. Press out this milk and strain.

Pick over the rice and wash thoroughly; add the last four cups of coconut milk, the sugar and salt, and bring to a boil. Cook for ten minutes; cover and set it over a very slow fire to steam until each grain is tender, yet whole and quite dry. Add the first cup of coconut milk; steam five minutes longer and serve. This pudding is delicious served either hot or cold with stewed fruits such as prunes, guavas, or sultanas.

SCHOOL BOYS' RICE DISH

3 cups milk
 $\frac{1}{2}$ cup rice
1 tablespoon sugar

$\frac{1}{2}$ cup water
 $\frac{1}{2}$ teaspoon salt
1 cup sultanas
 $\frac{1}{2}$ tablespoon cornflour

Wash the rice thoroughly. Put it into the top part of the boiler; add the water and salt and bring to a boil, cooking for ten minutes. Add the milk and sugar; bring to a boil, then set this into the lower part of the steam boiler over a hot fire, and steam for an hour, until rice is beautifully flaky and the milk is absorbed.

While the rice is cooking wash the sultanas and put on to cook in one cup of warm water. Cook slowly for fifteen minutes; add one teaspoonful sugar. Blend the cornflour in a very little water; stir this into the sultanas, also a tiny sprinkle of cinnamon, and cook slowly for fifteen minutes.

When rice is cooked turn into a dish to cool. Pour around the rice the stewed sultanas; cool, sprinkle the top generously with crushed nuts, and serve. Allow a spoonful of cream over each serving. A generous helping of this rice, with two or three sandwiches (made from home-made entire wheat bread, peanut butter, and fresh lettuce), together with a glass of milk, is an excellent lunch for a growing school child.

RICE APPLE DISH

4 tablespoons rice
2 cups milk
 $\frac{1}{2}$ teaspoon salt

4 apples
1 cup sugar
 $\frac{1}{2}$ cup water

Cook the rice until tender in a double boiler with the milk. Salt and core the apples and cut in halves crosswise. Cook until tender, but not in pieces, in the syrup made by boiling the sugar and water together for two minutes. Put rice and apples on the top. Pour the syrup that is left over the apples and fill cavities of the apples with guava jelly. Sprinkle sliced Brazil-nut meats over the top. Serve with cream or with almond nut cream. This is an appetizing dish for lunch. Peaches, guavas, or pears are delicious in place of the apples.

BANANAS ON FRENCH TOAST

Select ripe bananas; those with the freckled skins are sweet and have a good flavour. Slice and pile high on each bit of toast and serve with cream. To make French toast, brown the slices of bread to a golden brown after dipping in a mixture of milk and egg with a little salt. Use one egg to one-half cup of milk for four slices of bread. Brown in butter or other fat over a moderate fire, and serve hot on hot plates.

COCONUT SOUFFLE

1 cup hot milk	$\frac{1}{2}$ cup coconut milk
1 cup sugar	1 cup shredded coconut
1 tablespoon butter	3 tablespoons cornflour
4 egg whites	beaten stiff

Mix the cornflour, sugar, and coconut, and stir into the hot milk very slowly. Cook for ten minutes, then add butter. Fold into a glass baking dish; set in hot water and bake for fifteen minutes. Serve a boiled custard made from the yolks of eggs with the souffle or pudding.

HEALTH CARAMELS

Dried figs, raisins, dates—equal parts. Wash and steam figs; clean raisins; wash and steam dates, or pour boiling water over them. Stone dates. Put all through a vegetable grinder, Honey, or peanut or almond butter, powdered sugar, or ground nuts of any kind may be added if desired. Mix together, and press out into a shallow pan. Let stand overnight. Cut into squares and wrap in wax paper.

DATE PIE

1 pound dates	1 egg or 1 tablespoon dissolved
1 quart milk	cornstarch
Pastry shell	Whipping cream

Wash dates and heat slowly in milk in a crock. When soft, stone and crush the dates through a colander. Add an egg or a tablespoon of cornstarch to thicken, and place in a baked pastry shell. Cover with whipped cream or meringue. Thin lattice strips of pastry laced over it may be preferred.

STRAWBERRY JELLY

1 $\frac{3}{4}$ cups crushed strawberries
 $\frac{3}{4}$ cup sugar
 1 tablespoon vegetable gelatin
 (China grass)

2 tablespoons lemon juice
 A few grains of salt
 1 cup boiling water, in which to
 dissolve the gelatin

While the gelatin is soaking in hot water, mix the crushed strawberries, lemon juice, sugar, and salt. Turn the soaked gelatin into a strainer to drain off the water, and put the drained gelatin to cook in the one cup of boiling water. Boil it till it dissolves, which will require only a minute or two; then strain the dissolved gelatin into the other ingredients. Stir to blend the mixture, pour into sherbet glasses, and set away to cool. When ready to serve, decorate with whipped cream and strawberry halves.

ORANGE MINT JELLY

1 bunch of fresh mint
 Grated rind of $\frac{1}{2}$ orange
 $\frac{3}{4}$ cup orange juice
 A few grains of salt

1 $\frac{3}{4}$ cups boiling water
 $\frac{1}{2}$ cup sugar
 2 tablespoons lemon juice
 1 tablespoon vegetable gelatin
 (China grass)

Put the gelatin to soak in hot water. Chop the mint, and pour over it the three-fourths cup of boiling water. Cover, and allow to steep for fifteen minutes. Mix together the grated orange rind, sugar, orange juice, lemon juice, and salt.

Strain off the water from the mint leaves, and cook the soaked and drained gelatin in this mint-flavoured water till the gelatin is dissolved. Then add it to the mixture of the remaining ingredients. Strain to remove the orange rind. Pour into sherbet glasses. When cold, serve with whipped cream.

TOMATO JELLY

$\frac{1}{2}$ teaspoon Marmite
 1 cup cooked vegetable gelatin
 2 cups strained tomato juice

$\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ teaspoon sugar

Cook one-half seer of fresh tomatoes with one bayleaf, one mint leaf, and a slice of onion. Add no water. When tomatoes

are cooked, strain, squeezing out the pulp; then add salt, sugar, and Marmite. Mix well and add the hot vegetable gelatin. Pour into a mould previously wet in cold water, and allow to stand until cold. Turn into a cold dish, garnish with sliced beetroot and watercress, and serve.

BROWNIES

One-third cup sugar
One-third cup fat
2 eggs
2 squares chocolate

$\frac{1}{2}$ teaspoon vanilla
 $\frac{1}{2}$ cup flour
 $\frac{1}{4}$ teaspoon salt
One-third cup walnut meats

Blend sugar, fat, and eggs in one quick operation. Then add the melted chocolate, vanilla, salt, flour, and nut meats. Spread out in one-half inch layer.

HONEY FUDGE

1 square chocolate
1 cup sugar
 $\frac{1}{2}$ cup milk
2 tablespoons honey

2 tablespoons butter
1 teaspoon vanilla
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{2}$ cup nuts (optional)

Cut chocolate in small pieces. Place in kettle. Add sugar, milk, and honey. Cook slowly with occasional stirring until chocolate and sugar are melted. Boil, stirring enough to prevent sticking to bottom, until mixture forms a soft ball in cold water. Remove from heat, add butter, and cool until bottom of pan feels only slightly warm. Add vanilla and salt. Beat until it tends to hold shape and loses its sticky, glossy appearance. Add nuts, and turn into a buttered pan, lined on bottom with oiled paper. This fudge may be kneaded like fondant.

HONEY NOUGAT

$\frac{3}{8}$ cup honey
 $\frac{1}{2}$ cup brown sugar

1 pound almonds
2 egg whites

Boil the honey and sugar together until drops of the mixture hold their shape when poured into cold water. Add the whites of the eggs, well beaten, and cook very slowly, stirring constantly, until the mixture becomes brittle when dropped into water. Add the almonds, and cool under a weight. The candy can be broken into pieces or may be cut and wrapped.

TASTY INDIAN DISHES

SAVOURY COCONUT RICE

INTO a deep pan with a close-fitting lid put one quarter of a pound of *ghee* or butter, two tablespoons of finely chopped onion, and a clove or two of garlic, finely chopped, also ten whole cardamoms, ten whole cloves, one or two sticks of Indian cinnamon, each about two inches long, and one-half a teaspoonful of allspice. Fry until the onions are partially cooked but not browned, then add one pound of well-washed, well-soaked, well-drained rice, and salt to taste. Stir the mixture and fry for two or three minutes longer. Now pour over the rice sufficient boiling coconut milk to cover it about an inch and a half. If short of coconut milk add boiling water. Cover the pan closely and cook on a slow fire, stirring occasionally until the moisture is entirely absorbed and the rice cooked. Sometimes coconut rice is very pale yellow. This can be achieved by adding one-half a teaspoonful of ground *haldi* (tumeric) when frying the onions and spices and before the rice is added.

GOLDEN RICE

In a deep pan with a close-fitting lid, fry for about five minutes in *ghee* or butter, two tablespoons of chopped onion, a small amount of finely chopped garlic, and two ordinary cloves. After adding a teaspoonful of ground *haldi* and a saltspoonful of ground cummin seed, cook for another minute or so, and then add one pound of washed, soaked rice, and salt to taste. Stir, and cook for five minutes. Add boiling water sufficient to cover about an inch or two. Cover and cook on a slow fire until the water is absorbed and rice cooked. Do not stir the rice into a pulp, but occasionally lift it lightly with a fork and toss it over and over.

DRY POTATO CURRY

3 lbs. potatoes
2 onions
2 oz. butter
Few fresh *methi* leaves

1 teaspoon *haldi*
1 tablespoon tomato paste or
fresh tomatoes
1 large cup of curd

Quarter the potatoes and place in cold water. Brown the onions slightly and add the spices making a thick paste. Sprinkle in the garlic juice, curd, salt, and sufficient water to make a gravy. Add the vegetable, boil gently till soft and ready to serve.

DRY BRINJAL CURRY

- | | |
|---|---|
| 1 tin of <i>brinjals</i> or fresh ones if
in season | $\frac{1}{2}$ oz. garlic |
| 2 onions | 1 pint of curd |
| 2 oz. butter | $\frac{1}{2}$ teaspoon of ginger powder and
clove powder |
| 1 tablespoon coriander powder and
tomato paste or fresh tomatoes | A few cummin seeds |

Fry the onions brown and add the curd, spices, etc. Prepare the garlic in a little water and add the juice. Mix in the cummin seeds and leave to cook until a thick paste is formed, then add a little water to cook the *brinjals* if fresh, but if tinned, add very little water. Heat for fifteen minutes.

SAVOURY SPINACH

- | | |
|---|--|
| 3 lbs. of spinach, boiled, drained
and thoroughly pulped | 1 large onion finely sliced, or
2 tablespoons of chopped
spring onions |
| 2 cloves of garlic, thinly sliced
lengthwise | 1 tablespoon olive oil or butter |

Fry the onions and garlic for five minutes, then add the spinach. Blend and salt to taste.

A FAVOURITE DAL DISH

- | | |
|---|---|
| $\frac{1}{2}$ lb. of <i>dal</i> boiled soft in one
pint of water | 2 oz. <i>ghee</i> or other fat |
| | 1 onion and a clove of garlic
chopped fine |

Mix the following into a stiff paste with a little tamarind water:

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|--------------------------------|--|
| 1 tablespoon ground corianders | $\frac{1}{2}$ teaspoon ground cummin seed |
| 1 teaspoon ground <i>haldi</i> | 1 saltspoon ground fenugreek
(<i>methi</i>) |

Fry for a few minutes the onion and garlic, then add the paste and continue frying for a few minutes longer. Add the cooked *dal* and all the water that is in it. Salt and simmer for ten minutes before serving.

RICE AND SIWAIYA

1 lb. of washed, soaked, and
drained table rice
 $\frac{1}{4}$ lb. of *siwaiya* in 2-inch lengths
 $\frac{1}{4}$ lb. of *ghee* or 6 oz. of butter
1 large onion, chopped fine
 $\frac{1}{2}$ teaspoon finely chopped garlic

6 or 8 whole cloves
1 piece cinnamon, 2 inches long
 $\frac{1}{4}$ teaspoon cummin seed
 $\frac{1}{2}$ teaspoon allspice
Salt to taste

Cook the onions, spices, and garlic in the *ghee*, not browning the onions. Fry the rice and *siwaiya* in this mixture for two or three minutes. Salt. Add boiling water to cover about two inches. Cover closely and cook on a slow fire until all moisture is absorbed and the rice cooked. Stir occasionally.

EGG CURRY WITH TOMATO

Cut six hard-boiled eggs lengthwise in halves. Fry for two or three minutes in two ounces of *ghee*, two tablespoons of chopped onion, and one clove of garlic. Add one heaped tablespoon curry powder. Stir and continue frying for a few minutes longer. Add a teaspoonful of tomato paste, or one-half pound fresh tomatoes, finely chopped, and sufficient water to form a thickish gravy. Add salt and lemon juice to taste, then simmer for five to ten minutes. Add the eggs and heat.

EGG CURRY WITH COCONUT MILK

Fry lightly in a saucepan one onion and one clove of garlic finely chopped. Add to this: one dessertspoonful of ground corianders, one teaspoonful of ground *haldi*, one-half teaspoonful of ground ginger, one-half teaspoonful of ground cummin seed. Mix, and add one pint of thin coconut milk and simmer until it begins to thicken. Then add six hard-boiled eggs cut lengthwise in halves, and two tablespoons of thick coconut milk. Add salt and lemon juice to taste.

DAL CURRY WITH TOMATO

$\frac{1}{2}$ lb. *dal* boiled in one pint of
water with a small onion
1 oz. *ghee*
1 or 2 cloves of garlic
1 small onion, chopped fine
2 cardamoms

2 cloves
A small stick of cinnamon
1 tablespoon curry powder
1 dessertspoon tomato paste or
fresh tomato

Fry the onion, garlic, and spices for a few minutes. Add the curry powder; mix and cook three or four minutes longer. Add the tomato paste and boiled *dal*. Salt and lemon juice to taste. Simmer for ten minutes.

MASUR KI DAL CURRY

Drain and boil one-half pound of *Masur ki dal* which has soaked in cold water overnight. Boil in about a quart of cold water. Fry in fat, two tablespoonfuls chopped onion, two cloves of chopped garlic, two cloves, four cardamoms, a stick of cinnamon. When the onions are beginning to change colour, add a large dessertspoonful of curry powder, stir well and cook slowly for a few minutes longer. Add the *dal* and stir gently. A tablespoonful of tomato paste may be added to the *dal* when being boiled.

A CURRY OF VEGETABLES

Fry a thinly sliced onion and two cloves of garlic and add a tablespoonful of ground corianders, one teaspoon ground *haldi*, one-half teaspoon ground cummin seed, one-half teaspoon ground ginger, one-half teaspoon ground mustard seed, and a saltspoonful of ground *methi*. Thoroughly mix and fry on a slow fire for a few minutes. Add the vegetables, and cook three or four minutes. Add water to cover and simmer until the vegetables are cooked. Salt.

A TASTY WAY TO CURRY BEANS

Soak one-half pound butter beans in cold water overnight. Boil until soft, together with a sliced onion and six mint leaves. Fry in fat for three or four minutes the following: one onion and one clove of garlic chopped finely, two cloves, two cardamoms, a two-inch stick of cinnamon. Add the cooked beans, salt, and lemon juice.

DAL WITH SPINACH

Boil the following ingredients in one pint of water until the *dal* is soft:

1 lb. of <i>dal</i>	6 whole spring onions
	3 handfuls of spinach

Fry in fat:

1 onion	$\frac{1}{2}$ teaspoon ground cummin seed
1-inch stick cinnamon	1 clove of garlic, chopped fine
2 cloves	1 teaspoon browned <i>haldi</i>
	2 cardamoms

Add the dal and spinach. Salt and simmer.

DAL AND LEAFY GREEN VEGETABLES

Boil one-half pound of *dal* and a small onion in one pint of water until *dal* is soft half-cooked, then add a handful of shredded cabbage, lettuce, or any green vegetable, and cook until *dal* is done.

Fry one large onion and one clove of garlic, chopped, and add to this one heaped tablespoon of curry powder. Cook for a few minutes longer, then add a dessertspoonful of tomato paste or three chopped tomatoes and the boiled *dal* and greens. Salt, and add a bit of lemon juice. Simmer.

MASUR KI DAL RISSOLES

Boil the following ingredients in a little water to the consistency of stiff porridge:

$\frac{1}{4}$ lb. of <i>Masur ki dal</i>	1 chopped clove of garlic
	1 chopped onion

Cool and blend with:

2 oz. bread crumbs	Salt to taste
1 egg	$\frac{1}{4}$ teaspoon ground <i>haldi</i>
	1 tablespoon flour

Form into rissoles and fry in boiling fat.

DAL MASH

Cook the *dal* in plain water till soft, and drain. Add one ounce green ginger, cut into slices. Salt. Brown the onion and sprinkle over top.

VEGETABLE SAMOSA

4 large potatoes
 1/2 lb. of peas
 2 oz. butter

1 onion
 2 lbs. plain flour
 1 large cup of curd
 3 lbs. fat for frying

Boil the peas, drain, and set aside. Peel and cut the potatoes into cubes. Brown the sliced onion in melted butter; add the potato cubes and cook a short time. Add the peas; salt, and allow to cook in its own steam. When the potatoes are done remove to a plate to cool.

Make a stiff paste of the flour, salt, baking powder, curd, and water. Roll out thinly and cut into rounds according to required size. Place a little of the vegetables in the centre of each round; moisten the edges and fold over on three sides to form a triangle. Place a few *samosas* in a pan of boiling fat very carefully and turn each side till a good brown.

VEGETARIAN BAINGAN CUTLETS

Prepare a mixture of the pulp, soaked bread, chopped onions, slight bit of garlic, minced fresh green or pickled ginger, pepper, and salt to taste.

BAINGAN MOLES

2 *baingans*
 1 clove of garlic
 1 teaspoon ground *haldi*
 Ghee or butter

1 medium onion
 6 thin slices of green or pickled
 ginger
 Coconut milk

Cut the *baingans* into fairly thin slices. Sprinkle both sides with ground *haldi* and a little salt. Fry in fat. Drain. Fry the onions, garlic, and ginger. Cook until the onions are done and then add about one-half pint of rich coconut milk. Warm through, add the cooked *baingans*, and simmer until the sauce thickens. Serve sliced lemon with it.

MOLEE OF HARD-BOILED EGGS

3 hard-boiled eggs, cut lengthwise in halves	$\frac{1}{2}$ teaspoon finely chopped fresh green or pickled ginger
1 large onion and 1 clove of garlic thinly sliced	1 stick cinnamon 2 inches long
$\frac{1}{2}$ teaspoon ground <i>haldi</i>	1 oz. butter
	$\frac{1}{2}$ pint thick coconut milk

Fry the onion, garlic, ginger, and cinnamon in the butter and add the *haldi* and cook for a few minutes. Now add thick coconut milk and salt. Simmer until the sauce is thick enough to pour over the eggs. Do not cover the pan while cooking.

A TOMATO RECIPE

Skin and chop one-half pound of tomatoes. Fry one onion, two cloves of garlic, and one-half teaspoon ginger, all chopped fine. Add the tomatoes and a dessertspoonful of scraped coconut. Salt and simmer with pan uncovered until there is little moisture.

WHITE PUMPKIN BHURTA

Cut the pumpkin into pieces about two inches square, and partially cook. Add this to the onion, garlic, ginger, and cummin seed mixture that has been lightly fried for five minutes. Continue to cook until the pumpkin is tender, then mash thoroughly. Add a tablespoonful of grated coconut; salt, and add lemon juice to taste.

TOMATO SAMBAL

Mix finely sliced fresh tomatoes, onions, lemon juice, pepper, and salt. Sprinkle over with freshly grated coconut, then serve.

MASHED POTATO SAMBAL

Thoroughly mash the potatoes with a minced onion, a tablespoonful of very thick coconut milk, and a tablespoonful of grated coconut. Add one-half teaspoonful of olive or mustard oil, and lemon juice and salt to taste.

SAMBAL OF HARD-BOILED EGGS

Cut the eggs lengthwise in quarters and blend with finely chopped onions, oil, lemon juice, and salt. When served sprinkle over with fresh scraped coconut.

VEGETARIAN PULAO

For this dish have a pint of macedoine of cooked vegetables such as peas, carrots, and beans, etc., drained thoroughly, and one pound table rice washed, soaked, and drained. Into a saute pan put one-half pound butter, an onion or two, chopped fine, two cloves of garlic, also chopped fine. eight ordinary cloves, one stick of cinnamon, eight whole cardamoms, one-half teaspoon allspice, one-half teaspoon ground *haldi*.

After frying these ingredients, add the rice to the onions and spices. Stir the mixture lightly and cook for five minutes. Then pour boiling water over and cook on a slow fire until rice is done. Now lightly mix the vegetables into the rice, and if desired, two ounces sultanas and two ounces blanched almonds or other nuts which have been fried in *ghee* or butter.

PEA PULAO

$\frac{1}{2}$ lb. of peas
4 oz. butter
 $\frac{1}{2}$ pint of thick curd
 $1\frac{1}{2}$ lb. rice
1 large onion
Cloves

Cardamoms
1 oz. garlic
Cinnamon stick
Cummin seeds
Saffron
Salt

Cook the soaked rice till half ready, and cook the peas until three-fourths ready. Fry the sliced onion in butter and add the curd, cloves, cardamoms, cinnamon, cummin seeds, and cook ten minutes. Break the garlic in one pint of water and sprinkle into the onion mixture. Add the peas and rice next, and season with salt, mixing well. Simmer slowly for fifteen minutes. Soak the saffron in hot water and add to the centre of the rice before serving.

ALU KI TEHRI

1 lb. of potatoes to 1 lb. of rice	$\frac{1}{2}$ oz. green ginger and garlic
1 large onion	6 oz. butter
1 tablespoon coriander powder	Salt
1 tablespoon <i>haldi</i>	

Peel and quarter the potatoes. Fry the onion and place on a plate to cool. Add the coriander powder, *haldi*, and the cupful of juice from the garlic, and the ginger. Stir and cook for ten to fifteen minutes. Drain the soaked rice and add with the potatoes, mixing all together. Cover with an inch of water above and bring to a boil, cooking slowly. Salt.

FAVOURITE KHICHRI

1 lb. table rice	10 cardamoms
$\frac{1}{4}$ lb. <i>Mung ki dal</i>	2 sticks cinnamon
6 oz. ghee or $\frac{1}{2}$ lb. butter	$\frac{1}{2}$ teaspoon allspice
2 heaped tablespoons chopped onions	6 thin slices of fresh, green or pickled ginger
$\frac{1}{2}$ small teaspoon finely chopped garlic	1 teaspoon ground <i>haldi</i>
10 cloves	Salt

Mix together the rice and *dal*, and wash thoroughly in cold water. Let soak in fresh cold water for one hour or longer.

Put the butter, onions, garlic, spices, and ginger in a large saucepan. Cook, but do not let the onions brown. Drain the rice and *dal* and add to the ingredients in the pan. Now add the *haldi* and salt. Lightly toss the mixture together, using a spatula, and cook on a very slow fire for four or five minutes. Now add boiling water to cover rice about an inch. Cover closely and cook on a slow fire until moisture is absorbed and rice cooked. Before serving, sprinkle the *khichri* with about two tablespoons of fresh milk. Serve garnished with slices of hard-boiled eggs and rings of crisp fried onions.

Breads

BESAN KI ROTI

$\frac{1}{2}$ lb. of <i>Channa besan</i> flour	1 lb. of butter
$\frac{1}{2}$ lb. of plain white flour	1 onion
Salt	

Make a dough with cold water mixing the flours together with salt. Cut the onion finely and add to the dough; knead well together. Cover and let stand for half an hour. Divide into pieces; roll each into a thin flat cake; cook in a frying pan without any grease. Turn each side over and over again; cook on a red-hot fire, then place on dish. Melt the butter and make deep imprints with a teaspoon on the cakes quickly while hot and pour in the butter which should be absorbed.

KHAUSTA PURI

2 lbs. plain flour	2 teaspoons curd
$\frac{1}{2}$ lb. butter	2 lbs. <i>ghee</i> or oil
Salt	

Make a dough of the flour, salt, butter, curd. Let stand an hour. Form into balls and roll out into flat pancakes. Drop each cake in the pan of boiling fat and cook nice and brown, turning over a few times. Serve hot.

PLAIN CHAPATIES

The coarse Indian flour, *ata*, is best for *chapaties*, but equal quantities of white flour and whole-meal flour, mixed and sifted together, will serve as well. Make a soft dough of one-half pound of flour, a pinch of salt, an ounce of *ghee* or butter, and cold water. Cover and let stand for over an hour. Knead well, make into balls sufficient to roll out to the size of a tea-plate. Bake on the griddle.

PARATHAS

Use *maida*, the very finest flour, if obtainable, but ordinary pastry flour can be used as well. To one-half pound of flour add two ounces of *ghee* or butter, with a pinch of salt. Make into

a soft dough and knead well until it is absolutely pliable. Roll it out into a long roll an inch in diameter. Cut the roll into inch lengths and flatten them down on ends with the fingers. On each piece put a bit of butter and place them one on top of the other, having butter between each two pieces using four to six pieces for each cake. Flatten these out and roll them with a rolling pin into cakes about the size of a tea plate. Fry on a slow fire in a frying pan containing *ghee* or oil. Do not use butter as the *parathas* are liable to burn. Cook on both sides but do not brown or harden. The *parathas* will be flaky if properly made.

PHULKA

Make a soft dough by mixing an ounce or two of *ghee* or butter into one-half pound of *maida*, or good pastry flour, and a pinch of salt. Knead well and let stand for an hour. Knead again thoroughly and form into balls. Roll each out into thin flat cakes and bake on a griddle as *chapaties* are baked. The kneading determines the lightness of *phulka*.

ATA KI ROTI

Make a soft dough of one-half pound of *ata* and a pinch of salt, a well-beaten egg, and a little sour milk. Knead thoroughly and make into six flat, thin biscuits the size of a tea plate. Bake on both sides on a griddle.

Sweet Dishes

DUGNA KA ZARDA

1 lb. of table rice to 2 lbs. of	2 oz. of almonds, sultanas, and
sugar	pistachio nuts
2 lbs. of butter	2 lemons
Few cloves and cardamoms	Saffron
Rose water	

Soak the rice for an hour; strain, and place in a pan containing four pints of water with saffron in it. Half cook, and strain again. Into a pan place half the butter, half the rice, cloves, and cardamoms. Sprinkle half the sugar over the top, and add the other half of butter melted. Now add rice and dry

sugar, cardamoms, and cloves, but do not mix. Cut the almonds and pistachio nuts, and place on top with the sultanas. Squeeze the lemons over and a few drops of rose water. Seal the pan all round with a flour paste and cook on a very slow fire for forty minutes. Serve with cream.

KHIR (Another Sweet Rice)

1 lb. of table rice
 $\frac{1}{2}$ lb. of sugar
 1 quart of milk

1 medium-sized tin of milk
 1 oz. of pistachio nuts
 Rose water

Soak the rice for three or four hours. Boil the milk and set aside. Drain the rice and cook in three pints of water. When soft add it to the boiling milk and stir to prevent burning. When it thickens remove from the fire and sprinkle over the dry sugar; put back on the fire for five minutes. Stir constantly and add the tinned milk which will make a creamy, rich mixture. Cook for ten minutes; stir gently, and add the rose water before placing on saucers to cool. Decorate with pistachio nuts chopped fine.

EGG HALWA

1 lb. of butter
 1 lb. of sugar
 1 cupful of milk

1 oz. of almonds, *chirongee* nuts
 and pistachio nuts
 4 cardamoms and saffron
 1 doz. fresh eggs

Separate the yolks and gradually sift in the sugar. Beat well and place in a saucepan. Add the butter, shredded almonds, and pistachio nuts, *chirongee* nuts, and shelled cardamoms. Mix well, stir until very thick, and pour in the milk, stirring for ten minutes or so. Place the saffron which has previously been dissolved in a little hot water, in the middle. Mix and let remain on the fire a few minutes longer. Serve either hot or cold.

SULTANA HALWA

$\frac{3}{4}$ lb. of sultanas
 $\frac{1}{2}$ lb. of butter

$\frac{3}{4}$ lb. of sugar
 1 tablespoon rose water

Fry the sultanas well in butter. Cool in a dish and mash with a fork into a fine paste. Dissolve the sugar in enough

water to make a thick syrup and add the sultana paste. Cook until the syrup is absorbed, then cool before adding the rose water. Place on a flat dish and cool. Cut in triangular pieces. This may be eaten warm if desired, but the syrup should be made a bit thinner in this case.

MUNG KI DAL KÈ LADDU

1 gallon of milk
Saffron

1 lb. of *Mung ki dal*
1 lb. of fresh butter

Bring the milk to a boil. Add a pinch of salt. Keep at the boiling point but on a lower fire. Take a wooden spoon and keep stirring until the milk forms a thick paste and turns pale brown. Now mash the *dal* which has soaked overnight and stir it into the melted butter in a saucepan and fry till brown. Now add the milk paste leaving pan on the fire; mix well, add the dry sugar, and stir rapidly. When it is thoroughly absorbed, sprinkle the saffron over, and remove to a dish to cool. Make into little balls.

SPECIAL RICE FOR INVALIDS

Boil one-fourth pound of Patna rice and put through a very fine sieve. Beat an egg into it and add sufficient milk to thin it down to the consistency of gruel. Flavour with grated nutmeg or cinnamon and add sugar or salt to taste. Before serving, boil up.
